



# Resource Guide 2017



[www.lvaginginplace.org](http://www.lvaginginplace.org)  
Programs and Services for Older Adults  
*Helping Families Help Seniors*

# LEHIGH VALLEY AGING IN PLACE

Lehigh Valley Aging in Place was formed with the purpose of establishing a network of professionals who share the common vision of helping seniors age in place and stay safe, secure and independent, throughout their lifetime.

## Our Mission Statement

Lehigh Valley Aging in Place is a coalition of professionals from private, public, non-profit & business sectors dedicated to helping families help seniors.

## Vision Statement

We seek to help families help seniors by: providing an annual comprehensive resource guide, educating the public on aging issues, and supporting business to business networking.

## How to use this Resource Guide:

1. Review your current situation and evaluate your needs. Consider your lifestyle as well as your present and future needs.
2. Understand what services are available. Refer to the index on page 3 and become familiar with the types of care and services provided in this guide. This index is categorized throughout the guide for easy reference.
3. Talk with a professional. Understanding the programs and services can be confusing, and there is no need to walk the road alone. Each organization in this guide is dedicated to helping seniors. A contact is listed with each organization to address your basic questions. It is best to speak to multiple members to best understand all your options.

## Contact

1-877-334-8942  
info@lvaginginplace.org  
www.lvaginginplace.org  
PO Box 74, Macungie, PA 18062

# Index of Services

<b>Care Services.....</b>	<b>4</b>
Adult Day Care Services.....	4
Continuing Care at Home.....	5
Hospice.....	5
Medical Home Health Care.....	6
Memory Care.....	9
Mental Health Services.....	11
Music Therapy.....	11
Non Medical Home Care.....	11
Rehabilitation.....	17
<b>Expert and Professional Services.....</b>	<b>20</b>
Art Therapy.....	20
Attorney - Elder Law.....	20
Concierge Services.....	21
Exercise.....	22
Geriatric Care Management.....	22
HomeModifications.....	24
Insurance - Medicare.....	25
Medical Equipment.....	26
Money Management.....	27
Moving and Transitions.....	27
News and Information.....	28
Pharmacies.....	28
Podiatry.....	29
RealEstate.....	29
Senior Care Placement.....	30
Vision.....	30
<b>Housing and Residential Communities.....</b>	<b>31</b>
Continuing Care Retirement Communities.....	31
Independent Living Communities.....	33
Personal Care Communities.....	33
SeniorApartments.....	35
<b>Government and Community Services.....</b>	<b>36</b>

## DISCLAIMER

The inclusion of membership listing in this Resource Guide should not imply any guarantee or warranty of services by Lehigh Valley Aging in Place (LVAIP) for services provided by listed member, LVAIP shall be held harmless and is not responsible for any actions taken by listed members. We encourage consumers to interview and ask for client referrals and/or personal references before commencing services.

# Care Services

## Adult Day Care Services

### **Lehigh Valley Adult Services**

Johnathan Jones    [jjones@lehighvalleyadultservices.com](mailto:jjones@lehighvalleyadultservices.com)  
3421 Nightingale Drive, Suite 2, Easton, PA 18045  
610-438-5827    610-438-3620 (F)  
[www.LehighValleyAdultServices.com](http://www.LehighValleyAdultServices.com)

*We offer Adult Day Care Services, In-Home Services, Home Health and Safety Evaluations, Transportation, and Waiver Services. We provide compassionate care for seniors and their families throughout the Lehigh Valley. We are the premiere adult services company offering reasonable rates and well trained staff that specialize in dementia and Alzheimer's care.*

### **SarahCare of the Lehigh Valley**

Tynetta Alston    [talston@sarahcareLV.com](mailto:talston@sarahcareLV.com)  
7010 Snowdrift Rd., Suite 100, Allentown, PA 18106  
610-391-1576    484-223-3132 (F)  
[www.sarahcarelv.com](http://www.sarahcarelv.com)

*SarahCare Daytime Senior Care & Activities. We strive to care for your loved one just as you would - by understanding them as a unique individual and customizing their care and activities to fit their needs. Daily activities and socialization catered to their interests, delicious meals, with over 20 clubs and groups. Open M-F, 6:30am - 6pm. We specialize in caring for those with various impairments and health related problems including chronic diseases, dementia, frailty and Parkinson's disease. Transportation & home care also available.*

### **Westminster Village Adult Day Program**

Kelly Hartnett    [khartnett@psl.org](mailto:khartnett@psl.org)  
2156 Hanover Avenue, Allentown, PA 18109  
610-782-8390  
[www.wmvallentown.org](http://www.wmvallentown.org)

*The Adult Day Program at Westminster Village offers a stimulating social atmosphere for seniors who need additional structure and support to remain active and independent. The program is available Monday through Friday from 6:30am - 5:30pm.*

## Continuing Care at Home

### Pathstones by Phoebe

Melanie Kohler      pathstones@phoebe.org  
4847 Hamilton Blvd, Allentown, PA 18106  
610-794-6700    610-391-1482 (F)  
www.pathstonesbyphoebe.org

*The region's newest, most innovative approach to retirement planning. Your Home. Your Choices. Your Future. We are a membership-based program for independent, aging adults. With Pathstones, members stay in their homes, appreciate the security of worry-free living, and enjoy retirement. We offer the best features of long term care insurance, continuing care retirement living, private care management, and personalized wellness coordination in the comfort and security of a member's home. The program is regulated by the PA Dept. of Insurance and an alternative to long term care insurance. Members enjoy services of a traditional continuing care retirement community (CCRC) in their own homes and can choose from various membership plans to meet different needs and preferences. Short term and higher-level care services, including nursing care and homemaker services are delivered in-home. If needed, nursing care can be provided in-home 24 hours a day. Membership also covers a change in residence to a personal care or a skilled nursing facility should a member make the decision to move—even if the facility is out of the area.*

## Hospice

### Compassionate Care Hospice

Mona DelSole      mona.delsole@cchnet.net  
3897 Adler Place, Bldg C, Suite 180, Bethlehem, PA 18017  
610-770-6500    610-770-6503 (F)  
www.cchnet.net

*Compassionate Care Hospice believes that patients are entitled to live as fully and comfortably as possible. We provide expertise in areas of pain control, symptom management and guidance through end of life stages. Our team and program provide services based on each patient's individual needs.*

# Care Services

## Hospice

### **St Luke's Home Health and Hospice**

Michelle Udicious      Michelle.Udicious@sluhn.org  
240 Union Station Plaza, Bethlehem, PA 18015  
484 526-1100      www.sluhn.org

*St Luke's, a non-profit organization provides compassionate high quality Home Health Care in our community since 1919. We provide Nursing, Physical, Occupational, Speech therapy, MSW and Home Health Aides. Our skilled care in the home allows you to recover where you feel most comfortable. Since 1986, St Luke's Hospice has been supporting patients and families on their end of life journey. St Luke's Community Health Maternal Child services care for a high risk and vulnerable population and have achieved national recognition for our program outcomes. We service 8 counties in the Lehigh Valley.*

## Medical Home Health Care

### **BAYADA Home Health Care**

Abby Berkes      aberkes@bayada.com  
95 Highland Ave, Bethlehem, PA 18017  
610-317-2118      610-317-2118(F)  
www.bayada.com

*Skilled and intermittent Home Health Care services in the convenience of your own home. We adhere to the highest standards of clinical excellence. Our care follows clinical best practices to ensure optimal outcomes. The Bethlehem office, currently serves all of Lehigh, Northampton and Carbon counties.*

### **Easton Home Health**

Liz Houser      Elizabeth\_Houser@chs.net  
3001 Emrick Blvd, Bethlehem, PA 18020  
610-866-2410      610-866-5283 (F)  
www.EastonPAHomeCare.com

*Home Health Care Agency providing skilled nursing, physical therapy, occupational therapy, speech therapy and home health aide services.*

## Medical Home Health Care

### **Arcadia Visiting Nurses, LLC**

Steve Hertzog                      shertzog@arcadiahealthservices.com  
4666 RT. 309, Center Valley, PA 18034  
484-353-1210                      1-866-459-9641(F)

*In the comfort of your own home, Arcadia Visiting Nurses provides advanced medical care and will become advocates for your physical, mental and emotional well being. Arcadia provides Skilled Nursing, Psychiatric Nursing, Physical Therapy, Occupational Therapy, Speech Therapy, Medical Social Work and Certified Nurse Aide services under the guidance of your Physician. Those eligible for these Professional services under Medicare guidelines include individuals who have difficulty leaving the home, individuals currently under a physician's care and individuals requiring skilled professional medical care. Skilled Home Health Care benefits are covered under Medicare at 100%. Arcadia Visiting Nurses also participate with many other insurance carriers. Arcadia Visiting Nurses attained a 3.5 Star Quality rating under Medicare's Home Health Compare, rating Arcadia in the top 97% of Home Health agencies nationwide.*

### **Human Touch Home Health Care**

Laura Kerr                              lkerr@humantouchhealth.com  
1541 Alta Drive, Suite 207, Whitehall PA 18052  
484-664-2940                      484-664-2941(F)  
www.humantouchhealth.com

*Human Touch provides skilled and non-skilled Home Health Care services in the patient's home. We offer Skilled Nursing, Physical Therapy, Occupational Therapy, Speech Therapy and Social Worker services as well as aide visits or hours. Utilizing clinical best standards of care allows us to achieve clinical outcomes that benefit our patient's and their families. Our service territory currently includes Lehigh, Northampton and parts of Bucks and Carbon Counties. We are a Medicare Certified, JCAHCO accredited agency and accept Medicare, Medicaid, private insurance, and private pay for our services. Currently we are also approved providers for the County of Lehigh and Northampton for waiver services for nonskilled in-home care.*

# Care Services

## Medical Home Health Care

### Interim Healthcare

Dina Paolicelli      dpaolicelli@interimhealthcare.com  
5100 Tilghman Street, Suite 205, Allentown, PA 18104  
610-434-7277  
www.interimhealthcare.com

*Founded in 1966, Interim has more than 45 years of home care experience. We understand how important it is for someone to remain in his or her home. Whether it's recovering from an injury or illness, or assistance with daily living activities, Interim can provide the care and assistance you require. We have Registered Nurses: RN/LPN, Therapists, Home Health Aides/CNA's who are available to provide a variety of services from skilled care to private duty. When it matters most, count on us.*

### Lehigh Valley Home Health Services

Rosalie Ackerman      rosalie.ackerman@lvhn.org  
2166 S. 12th St. Allentown, PA 18103  
610-969-0300      610-969-0352 (F)  
www.lvhn.org

*Services Description: Services include Skilled Nursing, Home Health Aide, Physical Therapy, Occupational Therapy, Speech Therapy, Telehealth Home Monitor Systems, Social Services and Pediatric Services Hospice: Nursing, Home Health Aide, Physical Therapy, Spiritual counseling, Medical Social services, volunteers, Bereavement counseling.*

### Maxim Healthcare Services

Todd Campbell      tocampbe@maxhealth.com  
1249 South Cedar Crest Blvd., Ste. 101, Allentown, PA 18103  
610-740-3800      855-493-3853 (F)  
www.maximhealthcare.com

*Maxim delivers a comprehensive level of care, serving the needs of adult and geriatric patients in the comfort of their homes. Maxim's caregivers will work with the patient, family, and physician to implement a plan of care that promotes quality through supervised assessments and clinical care coordination. The Maxim family accommodates a variety of clinical needs including: Private Duty Nursing, Companion Services, and medical-related staffing.*



## Medical Home Health Care

### **Southeastern Home Health Services**

Inge Allen                      iallen@sehomehealth.com  
3800 Sierra Circle, Suite 200, Center Valley, PA 18034  
215-703-3522      215-826-8300 (F)  
www.sehomehealth.com

*Delivering the highest quality of home health care for over 25 years. Services include: Nursing; Physical, Occupational and Speech Therapy; Medical Social Services; Home Health Aides and Homemakers. Specialty programs: Cardiology (including Telehealth), Oncology, Geriatric Care, Gero-Psych, and Palliative Care. Serving Bucks, Lehigh, Northampton, Monroe, Carbon, Cumberland, Dauphin, Lancaster, Delaware, Philadelphia, and Montgomery counties.*

## Memory Care

### **Abington Manor Memory Care Village**

Kimberly Garrison      king@abingtonmanor.com  
5 Cedar Park Boulevard, Easton, PA 18042  
610-438-9400      610-438-9403 (F)  
www.abingtonmanor.com

*Abington Manor Memory Care Village is located in the beautiful rolling hills of Morgan Hill in Easton and easily accessible from all major highways. Enriching the lives of our residents is our underlying philosophy. Residents live life to the fullest with dignity, respect and many choices. Our goal is to make all residents feel safe, successful and needed – with a sense of belonging. Each resident deserves compassionate and responsive care; our pleasant, educated and dedicated caring staff provides care around the clock. Memory Care Village was created exclusively for persons with Alzheimer's disease and related dementias. Our all-inclusive village includes engagement Montessori programming, lifestyle theme rooms and secure outdoor patios for dining, socialization and activities. On-site Physician services, specialized rehabilitation, palliative and hospice care is available by working with our network of preferred providers. We offer short term respite and long term stays. We would love to provide you a tour of our campus to share with you all we have to offer those we serve.*

# Care Services

## Memory Care

### **Arden Courts of Allentown**

Wendy Scott      wendy.scott@hcr-manorcare.com  
5151 Hamilton Blvd, Allentown, PA 18106  
610-366-9010    610-366-9641 (F)  
www.arden-courts.com

*Arden Courts was created exclusively for persons living with Alzheimer's disease and related dementias, so we are able to concentrate on the programs and life skills that best meet our residents' special needs - promoting independence and individuality, health and their well-being. Arden Courts is not just a place to live, it's a place to call home.*

### **Sacred Heart Senior Living by Saucon Creek**

Susan May      alfpch@rcn.com  
4850-4851 Saucon Creek Road, Center Valley, PA 18034  
610-814-2700    610-625-2707(F)  
www.sacredheartseniorliving.com

*Independent Living, Personal Care and Memory Care. At Sacred Heart Senior Living's Secure Memory Care Neighborhood you will find quality compassionate care for those with Alzheimer and Dementia related conditions. Our residents enjoy a sense of community in a small supportive neighborhood setting, all in a beautiful, serene and secure environment. We offer all the conveniences and personal attention you'd expect from our superior reputation. Residents enjoy a full social, leisure and spiritual calendar with Chef prepared meals to meet dietary needs and restrictions. Special arrangements for couples who want to stay together, but may require different care. We offer respite and short term stays to give the care-giver a needed break. Our Communities offer On-site therapies provided by Good Shepherd Rehabilitation. The services of Saucon Valley Medical Center are available on-site here. There are no Entrance, Community fees or Buy-in Programs. Call to schedule a tour or to request a free, no obligation consultation at your desired location.*

## Mental Health Services

### New Vitae Wellness and Recovery

Judith Yanacek      jyanacek@newvitaewellness.com  
5201 St. Josephs Road, Limeport, PA 18060  
610-965-9021    610-928-0174(F)  
www.newvitaewellness.com

*New Vitae Wellness and Recovery provides a comprehensive continuum of residential and outpatient behavioral health services to adults, including those with acquired or traumatic brain injuries. Our integrated model provides continuity of care to those we serve, their families and allies.*

### Easton Hospital - Older Adult Behavioral Health Unit

Ellen Lansberry      ellen\_lansberry@chs.net  
250 S. 21st Street, Easton, PA 18042  
610-250-4737      610-250-4718

*Acute Psychiatric Inpatient hospitalization*

## Music Therapy

### Music Therapy Associates

Kathy Purcell MT-BC kathy@musictherapyassociates.com  
3437 MacArthur Road, Whitehall, PA 18052  
610-740-9890  
www.musictherapyassociates.com

*With 17 board certified therapists, MTA, LLC has been serving clients of all ages and abilities in their homes, schools, nursing homes and other community locations during the day, evenings as well as weekends since 1990! MTA serves the Greater Lehigh Valley area as well as the Poconos, Eastern PA and Western NJ. Adapted as well as traditional lessons on most instruments and voice and interactive music programs for birthday parties, family reunions and special events of all kinds are also available.*

## Non-Medical Home Care

### BAYADA Home Health Care - Lehigh Valley

Thomas Ronald      tronald@bayada.com  
3900 Hamilton Blvd., Allentown, PA 18103  
610-774-2200      610-774-3400 (F)  
www.bayada.com

*Home Health Care - Private Duty Skilled Nursing and Home Health Aid Services*

# Care Services

## Non-Medical Home Care

### Griswold Home Care

Karen Onushco      karen.onushco@griswoldhomecare.com  
83 S. Commerce Way, Bethlehem, PA 18017  
610-821-0821 Lehigh County  
610-252-8207 Northampton County  
www.griswoldhomecare.com

*Griswold Home Care is proud to be the oldest nationwide, non-medical home care company. We have been referring caregivers into homes for more than 33 years. Serving the Lehigh Valley for 30 years! We offer the most highly qualified, thoroughly screened caregivers and CNA's for Personal; non-medical care; bathing, dressing, medication reminders. Homemaking; light housekeeping, meal preparation, laundry, and Companionship; in-home, engaging activities, transportation to appointments. We can provide assistance in meeting your care plan, and guidance in scheduling care whether it is 4 hours or 24/7, Live-in or hourly. Our reliability, affordability and responsiveness are why we are the most referred-to service in the Lehigh Valley. Give our Case Coordinators a call for a comprehensive home visit.*

### Home Care Assistance

Laura Bogert      Lbogert@homecareassistance.com  
1104 S. Cedar Crest Blvd., Allentown, PA 18103  
484-350-3874      610-351-0745(F)  
www.homecareassistancelehighvalley.com

*Our mission at Home Care Assistance is to change the way the world ages. We provide older adults with quality care that enables them to live happier, healthier lives at home. Our services are distinguished by the caliber of our caregivers, the responsiveness of our staff and our expertise in Live-in care. We embrace a positive, balanced approach to aging centered on the evolving needs of older adults.*

### Home Helpers of Lehigh Valley

Maggie Dominici      mdominici@lehighvalleyhomehelpers.com  
Melony Horn      mhorn@lehighvalleyhomehelpers.com  
3500 Fairview Street, Suite 133, Bethlehem, PA 18017  
610-838-7494  
www.lehighvalleyhomehelpers.com

*As the premier provider of personal in-home care services in the Lehigh Valley. Home Helpers has been making life easier for clients for over a decade. Our caregivers are employees who have been carefully selected and thoroughly screened to ensure the best client/caregiver match. We are dedicated to providing exceptional home care services that exceed your expectations. From short-term respite, hospice support to 24/7, Home Helpers is with you every step of the way, providing guidance, reassurance and compassionate care. We enable our clients to maintain their independence in the comfort and safety of their home.*

## Non-Medical Home Care

### **Home Helpers of Northern Lehigh Valley**

Vicki Crow                      vcrow@homehelpershomecare.com

4685 Lehigh Drive, Suite 102, Walnutport, PA 18088

610-596-7055      610-596-7051 (F)

[www.homehelpershomecare.com/northlehighvalley](http://www.homehelpershomecare.com/northlehighvalley)

*Home Helpers is a non-medical in home care company. We specialize in Senior Care, Dementia/Alzheimer's Care, and Respite Care. Home Helpers is recognized as a national leader in home care services. Our serving area includes Northern Lehigh and Northampton Counties as well as Carbon and Monroe Counties. We selectively hire qualified, compassionate caregivers after an extensive and thorough screening process. When first meeting a client, we perform a comprehensive, no-cost assessment of their needs, after which care can be provided from a few hours a week up to 24 hours a day, 7 days a week. We enable seniors, recuperating patients, and those facing other challenges to remain independent at home and in their communities with dignity. We also provide respite care to relieve primary caregiver stress.*

### **Home Instead Senior Care - Lehigh County**

Kimberly Koze D'Amico, MS      kim.damico@homeinstead.com

3722 Lehigh Street, Suite 408, Whitehall, PA 18052

610-770-7773      610-770-7760 (F)

[www.homeinstead.com/217](http://www.homeinstead.com/217)

*Since 1998, Home Instead Senior Care has provided a personal approach to high-quality, non-medical home care for seniors in Lehigh County. Our compassionate and experienced CAREGivers and staff enable seniors to enjoy a healthy home based lifestyle. Highly reliable CAREGivers are available from a few hours to 24/7 care for clients with varied needs such as Alzheimer/dementia support and personal care to light housekeeping, errands and transportation. As a licensed, bonded, and insured national agency we meet the highest standards for our seniors as well as regularly train and support our staff. Our tenured team believes you should love what you do, and we do!*

### **Home Sweet Home Care, LLC**

Marisa Leaser mleaser@homesweethomecarellc.com

217 E. Broad Street 2nd Floor, Bethlehem, PA 18018

610-813-4875      610-813-4950 (F)

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

*At Home Sweet Home Care, LLC we provide care to our seniors with integrity and compassion. Assistance with personal care, transportation, meal preparation, laundry, medication support are just a few of the services we can provide. We will send our client a care manager to create a care plan tailored specifically to your needs. Our staff, with more than 25 years of combined experience, is dedicated to helping our seniors age in place comfortably and graciously.*

# Care Services

## Non-Medical Home Care

### **Millbrook HomeCare Partners, Inc.**

Cheryl Brooks      cheryl@millbrookhomecare.com  
47 W. Water Street, Hellertown, PA 18055  
610-838-1700      484-851-3506 (F)  
www.millbrookhomecare.com

*Privately owned, we serve your needs with a personal touch! Millbrook HomeCare Partners is an independent, state licensed non-medical home care agency providing care for our seniors in the greater Lehigh Valley since 2007. Our dedicated caregivers are available on an hourly or overnight basis 7 days a week for as few or many hours as needed, flexible in keeping with the growing or lessening needs of the client. Our caregivers provide their own meals and transportation and are thoroughly screened, bonded, insured and covered under our workers' compensation policy. Our services include bathing and grooming assistance, errands and transportation, post-op recovery, light housekeeping, meal preparation, incontinence care, laundry, organization/de-cluttering, medication reminders and companionship.*

### **Right at Home - Lehigh County & East Berks County**

Ben Aydin      baydin@rightathomelv.com  
1541 Alta Drive, Suite 304, Whitehall, PA 18052  
484-350-3075      484-351-0530 (F)  
www.rightathome.net/lehigh-valley

*We provide assistance with activities of daily living, including bathing, dressing, eating, continence, transfers & ambulation. We have experience supporting clients who suffer from dementia. We also provide homemaker/companion services and transportation. We can provide hospice support or respite care to give a family member a break.*

## Non-Medical Home Care

### **Right at Home - Northampton County**

Ron Brodsky      ronrah@rcn.com  
101 S. 3rd St., Suite 201, Easton, PA 18042  
610-253-9605      610-253-9607 (F)  
[www.rightathome.net/lehigh-valley](http://www.rightathome.net/lehigh-valley)

*Right at Home Northampton County provides non-medical In-Home Care services to residents of Northampton County including the Slate Belt region. We provide assistance with grooming and bathing, housekeeping tasks, meal preparation, medication reminders and escorted transportation services that enable seniors and those with disabilities the chance to live an independent life in the comfort of their own home. Our employees are skilled, trained and screened care giving professionals. All caregivers are fully insured, bonded and covered by workers compensation insurance for the protection of our clients. Right at Home is a state licensed and HIPPA compliant agency. The bottom line is Right at Home IS different! We are responsive, selective and flexible. We're making life less complicated by providing a straightforward approach to the home care process. Call us today!*

### **Senior Helpers of the Lehigh Valley**

Carolyn Hoffman      choffman@seniorhelpers.com  
1251 S. Cedar Crest Blvd., Allentown, PA 18103  
610-770-2036      610-770-2039 (F)  
[www.seniorhelpers.com/lehighvalley](http://www.seniorhelpers.com/lehighvalley)

*Senior Helpers stands ready to meet your family's needs with personalized in-home care and expertly trained professional caregivers. Our services include bathing, dressing and personal hygiene assistance, caring companionship, meal preparation and nutrition management, errands and transportation, light housekeeping; up to 24 hours care available.*

### **Seniors Helping Seniors Home Care Agency**

Lynn Marie Houghton      wehelpseniors@ymail.com  
175 S 21st St, Lower Level South, Easton, PA 18042  
610-253-3232      610-253-3332 (F)  
[www.seniorcarelehighvalley.com](http://www.seniorcarelehighvalley.com)

*We provide non-medical in-home services. We match loving, capable and compassionate seniors who want to help, with seniors who want to maintain an independent lifestyle in their home. Services include: companionship/care, homemaking, personal care, shopping, transportation, overnight stays and live-in services. We specialize in memory care and fall preventions.*

# Care Services

## Non-Medical Home Care

### **Senior Solutions**

Deb Toolan                      [contact@senior-solutions.com](mailto:contact@senior-solutions.com)  
1611 W. Hamilton Street, Allentown, PA 18102 610-435-6677  
301 Village at Stones Crossing, (on William Penn Highway)  
Easton, PA 18045 610-258-0700  
[www.senior-solutions.com](http://www.senior-solutions.com)

*Senior Solutions has been providing non-medical home care services in the Greater Lehigh Valley for over 24 years. Our homecare cases are opened by Certified Care Managers who develop a personalized plan of care. Our caregivers are experienced in all levels of care, including dementia. All employees are bonded and insured. Senior Solutions offers services in your home, hospital room or senior living facility. (See our listing under Geriatric Care Management for further information about our other professional services).*

### **Visiting Angels of Lehigh Valley**

Rosemary James, R.N.                      [allentownpa@visitingangels.com](mailto:allentownpa@visitingangels.com)  
3477 Corporate Parkway, Suite 100, Center Valley PA 18034  
610-628-2655      610-991-2468(F)  
[www.visitingangels.com/allentown](http://www.visitingangels.com/allentown)

*Visiting Angels of Lehigh Valley provides non-medical home care services to allow older adults to remain safely in their homes where they are most comfortable. We provide care to clients in private homes and also in senior living facilities. Our caregivers are thoroughly screened and experienced in all levels of care including Alzheimer's and Dementia, and we work to provide the best caregiver to client match. Our services include: assistance with activities, errands and shopping, travel to appointments, light housekeeping, meal preparation, medication reminders, personal care, and friendly companionship. We provide flexible hourly care, from a few hours per week up to 24/7 care, including respite care for families. We provide services to clients in all areas of the Lehigh Valley including the surrounding areas.*



## Rehabilitation

### **Fox Rehabilitation**

Sherri Bell                      sherri.bell@foxrehab.com  
1251 S. Cedar Crest Blvd., Allentown, PA 18103  
484-387-9591              800-597-0848 (F)  
www.foxrehab.com

*Fox Rehabilitation is a private practice of full time Physical, Occupational and Speech Therapists. Fox was built on the novel foundation of Geriatric House Calls. Patients are evaluated and treated one-on-one in their homes to address functional limitations and safety at home and in the community. Patients do not have to be homebound or have a skilled nursing need and Fox's evidence-based clinical services are covered under Medicare Part B.*

### **Genesis Health Campus**

Monica Trilli                      monica.trilli@genesishcc.com  
1718 Spring Creek Road, Macungie, PA 18062  
610-366-0500              610-366-0073 (F)  
www.genesishcc.com

*Lehigh Center, Skilled Nursing and Rehabilitation, and Lehigh Commons, Personal Care Facility, offer a continuum of care to meet the needs of our senior population. We provide a rapid recovery program for patients requiring post-acute rehabilitation and medical services. We specialize in cardiac management along with physical, occupational and speech therapies. Lehigh Commons provides a beautiful homelike setting while offering assistance with daily living for those patients that can no longer manage on their own.*

### **Genesis Health Campus - Pennsburg Manor**

Laura Sheehan                      laura.sheehan@genesishcc.com  
530 Macoby Street, Pennsburg, PA 18073  
215-679-8076              215-679-3117 (F) www.genesishcc.com

*Pennsburg Manor is a 5-star rated rehabilitation facility located in the quaint town of Pennsburg. We are conveniently located to Route 663, the PA turnpike, Route 309, and only a 30-minute commute from the Lehigh Valley. Pennsburg Manor offers short-term rehabilitation services--including physical, occupational and speech therapies, as well as long-term care. In addition to our dedicated professional clinical staff, we employ a full-time chef manager who delights our residents daily in our restaurant style dining room. Daily activities provide socialization for those wishing to participate. Respite stays are available for individuals requiring that service.*

# Care Services

## Rehabilitation

### **Genesis Health Campus - Quakertown Center**

Christopher Kielar christopher.kielar@genesishcc.com

1020 South Main St, Quakertown, PA 18951

215-536-9300

www.genesishcc.com/Quakertown

*Quakertown Center is nestled in picturesque Bucks County, and conveniently located within minutes of major routes including Route 309, I-78 and the PA Turnpike. We provide our residents and their families' personal attention, nursing care, and rehabilitation. Our licensed clinical nursing staff and rehabilitation department ensure that each resident will meet their maximum potential. Other amenities include a spacious, comfortable lobby with fireplace, a beautiful open courtyard and a full service dining room.*

### **Holy Family Manor**

Jamey Galle jgalle@hfmanor.org

1200 Spring St., Bethlehem, PA 18018

610-865-5595 ext. 510 610-997-8410 (F)

www.hfmanor.org

*Holy Family Manor is nestled in West Bethlehem and offers short term rehabilitation and long term skilled care. Our services and amenities are offered in a home like setting. We offer quality rehabilitation services customized to your personal goals. Physical, occupational, speech, vital stimulation, respiratory, a wound care services are offered seven days a week. Holy Family Manor is a part of Catholic Senior Housing and Health Care Services.*

### **HCR ManorCare Allentown**

Holly Gonzales holly.gonzales@hcr-manorcare.com

1265 S Cedar Crest Blvd. Allentown, PA 18103

610-737-8739

www.hcr-manorcare.com

*Many patients make the critical mistake of going straight home following a hospital stay. Once their hospital treatment is complete, they believe they are strong enough to go home and return to their normal routines. But going home too soon can be detrimental to the recovery process, and many patients find themselves right back in the hospital. The fact is that even a brief course of rehabilitation in a post-acute care facility will restore their strength and energy, and will reduce their chance of being relapse. The key to recovery is choosing the right team. At HCR ManorCare, we have the expertise and experience across a broad spectrum of clinical conditions to return patients to their active lifestyles. With complex skilled nursing care, our dynamic and our proven track record of success helps patients meet their treatment goals and return home quickly, with a reduced chance of returning to the hospital.*

## Rehabilitation

### **HCR ManorCare Bethlehem**

Jillian Berry                      jillian.berry@hcr-manorcare.com  
2021-2029 Westgate Drive, Bethlehem, PA 18107  
610-865-6077  
www.hcr-manorcare.com

*Many patients make the critical mistake of going straight home following a hospital stay. Once their hospital treatment is complete, they believe they are strong enough to go home and return to their normal routines. But going home too soon can be detrimental to the recovery process, and many patients find themselves right back in the hospital. The fact is that even a brief course of rehabilitation in a post-acute care facility will restore their strength and energy, and will reduce their chance of being relapse. The key to recovery is choosing the right team. At HCR ManorCare, we have the expertise and experience across a broad spectrum of clinical conditions to return patients to their active lifestyles. With complex skilled nursing care, our dynamic and our proven track record of success helps patients meet their treatment goals and return home quickly, with a reduced chance of returning to the hospital.*

# Expert and Professional Services

## Art Therapy

### **Artists At Heart, LLC**

Mary Szakmeister    info@artistsatheart.com  
674 Mickley Rd., Whitehall, PA 18052  
484-278-1636

*We provide engaging art activities for seniors, including pottery-making, painting, flower arranging and other crafts. We bring all the materials with us, and our friendly staff guide the seniors through creating the projects. Artists At Heart can work with your budget and provide unique and memorable art making experiences for your clients. We can also design activities for family days and marketing events to make your event fun, creative and memorable. "Our residents are still talking about how they enjoyed making pottery owls and flower bowls with you. They are looking forward to your next visit." JM. Call us today.*

## Attorney - Elder Law

### **Gail Weiner Shearer, Esq.**

Gail Weiner Shearer    gail@GWS-Legal.com  
70 E. Broad Street, Bethlehem, PA 18018  
610-867-2538    610-866-8212 (F)  
www.gws-legal.com

*Learn your rights and make your own decisions before a crisis. No fee initial consultation. Estate matters: Estate Taxes, Wills, Trust, Powers of Attorney, Living Wills, Nursing Home Admittance, including: Medical Assistance Applications, asset protection, and protecting the spouse.*

### **Grim, Bein & Thatcher**

Dianne C Magee    dmagee@grimlaw.com  
104 S. Sixth St., P.O. Box 215, Perkasie, PA 18944-0215  
215-257-6811    215-257-7764 (F)  
www.grimlaw.com

*We provide professional expertise in estate and trust planning and administration. As our population ages and our laws become increasingly complex, our team of experienced attorneys and paralegals can guide you in making important decisions for you and your family and ensuring that those decisions are implemented as efficiently as possible. Whether you need basic document preparation, require complicated financial and tax analysis, or are seeking representation in Court to resolve a dispute over a will or estate or to have a decision-maker appointed, we offer a comprehensive range of affordable services.*

# Expert and Professional Services

## Attorney - Elder Law

### **Law Offices of Mark P. Albright**

Mark P. Albright, Esquire   mpalaw@rcn.com  
403 Main Street, Hellertown, PA 18055  
610-597-2160   610-851-3004 (F)

*I accept retainer in matters involving estate planning and estate administration, as well as elder law (emphasizing incapacity and will contest proceedings), and real estate transactions and litigation. I am a former executive director of the Lehigh County Office of Aging & Adult Services, as well as a member of the Estate Planning Council of the Lehigh Valley, Inc., the National Academy of Elder Law Attorneys, and the Elder Law and Estates and Trusts Committees of the Northampton County Bar Association.*

### **Mosebach, Funt, Dayton & Duckworth, P.C.**

Timothy J. Duckworth   tduckworth@mfddlaw.com  
2045 Westgate Drive, Suite 404, Bethlehem, PA 18017  
610-882-9800   610-882-9822 (F)  
www.mfddlaw.com

*Providing estate planning, Trust and Estate Administration, Elder Law, Tax Law and Medical Assistance Planning.*

## Concierge Services

### **All Service Concierge**

Mary Kay Holden   marykay@allserviceus.com  
484-240-1512

*All Service Concierge offers personalized concierge services that are individually tailored to meet your needs. Our team of personal assistants can help you by providing senior companionship; help you with errands, doctor's visits and appointments; and be the extra pair of hands when you need housekeeping, pet sitting, organizing, decorating or gardening help. Our team has background and criminal checks and you will meet the personal assistant before you decide to utilize our services. We are honored to be working with the senior community by providing them with their own personal assistant when they need the help the most.*

# Expert and Professional Services

## Exercise

### **Fit and Firm Forever**

Sheryl Gerkovich, Certified Personal Trainer

shegerkfit@gmail.com Nazareth, PA

610-393-2769

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

*Fit and Firm Forever offers fitness personal training, and balance classes, as well as a unique wellness product that can tailor itself to your own body's needs. In search of overall wellness? Sheryl can also share ASEA, an amazing scientific breakthrough, building better cellular communication and anti-aging, inside and out. Are you sick and tired of being sick and tired, with aches and pains or conditions that are not currently being helped? Check the website for videos on the amazing Nobel Science behind the ASEA. Do you need to be more sure footed, or to get more fit overall? Whatever your needs, you can choose from individual or small group personal training, or group balance and fitness classes. Ask about the Body Balance Training. Sheryl will work with you to strengthen those areas of your body, and work on specific balance exercises. She will come to your home or facility to help meet your fitness goals. Be fit and firm forever!*

## Geriatric Care Management

### **APRN Caring Solutions for Seniors and Families**

Pat Nemetch [pat@go4aprn.com](mailto:pat@go4aprn.com)

2474 S. Church St., Allentown, PA 18103

610-791-3003 610-791-4045 (F)

[www.go4aprn.com](http://www.go4aprn.com)

*Seniors and their families in Eastern PA seek our expertise and assistance with care management, crisis intervention, elder mediation, advocacy, placement, education, coordination of services, assessment, consultation, guardianship and power of attorney. For 20 years, hundreds of seniors and their families have depended on us, and we continue to offer access to our services when you need us the most - 24 hours a day.*

# Expert and Professional Services

## Geriatric Care Management

### **IKOR of Bucks and Lehigh**

Larry Enright      larry.enright@ikorglobal.com  
3477 Corporate Pkwy, Ste 100, Center Valley, PA 18034  
855.367.4567    855-361-8595 (F)  
www.ikorglobal.com

*IKOR is a national firm that specializes in professional Powers of Attorney, certified independent guardianship and experienced case management for both medical and financial advocacy services to the Elder, Disabled and Special Needs communities in the Lehigh Valley. Our team of experienced Registered Nurse Advocates helps to coordinate, corroborate and control all facets of the medical and non-medical care issues facing families today. We also perform Cognitive, Caregiver, Life Management and complete neuro-psychological assessments on behalf of families and professionals. Our accountants and daily money managers provide assistance with bill-paying and forensic accounting and we also serve as corporate executors.*

### **Service Access & Management Inc.**

Jessica Kemp      jkemp@sam-inc.org  
5050 Tilghman Street, Suite 150 www.sam-inc.org  
877-360-8355    484-595-7013 (F)

*SAM, Inc. Office of Long Term Living (OLTL) Service Coordination will assist individuals who receive OLTL services in gaining access to waiver services and other State Medicaid Plan services. OLTL Service Coordination will also help individuals identify, coordinate, and facilitate access to all necessary services needed in order to remain independent in their home including medical, social, and other services.*

### **Senior Solutions**

Patty Kender      contact@senior-solutions.com  
1611 W. Hamilton St., Allentown, PA 18102 610-435-6677  
301 Village at Stones Crossing, (on William Penn Highway)  
Easton, PA 18045 610-258-0700  
www.senior-solutions.com

*Senior Solutions provides Certified Care Managers that are members of the Aging Life Care Association™ (ALCA)™. As members of ALCA, Senior Solutions' Certified Care Managers have the training and ongoing education credits that qualify them to be an elite group of advisors and advocates. Our Care Managers can assist seniors and their families through the many complex healthcare options, make referrals to appropriate resources, make recommendations to various levels of care, provide consultations, and do crisis interventions and solutions. Our Care Managers are governed by an ethics committee that requires them to provide advice and recommendations that are unbiased and in the client's best interest. Senior Solutions has been serving families in the Lehigh Valley for over 24 years. (See our listing under Non-Medical Homecare for more information about our other professional services)*

# Expert and Professional Services

## Home Modifications

### Grab Bar Pros

Bruce Montgomery, R.N.      bruce@grabbarpros.com  
610-393-6395      www.grabbarpros.com

*Grab Bar Pros specializes in bringing safety to your home. This is accomplished as inexpensively as possible using appropriate materials that will provide security. GBPs promotes utilitarian over beauty, while trying to make both happen simultaneously. The primary owner, is a registered nurse, who was in the ER, as well as did home health nursing. He was a carpenter before nursing, and has had extensive guidance from occupational therapists and physical therapists. ADA guidelines are followed and he pridefully stretches your dollars to the maximum without sacrificing quality or security. Grab Bar Pros - Safety Within Your Reach.*

### Lifestyles Design

Patricia Nunan      pat@lifestyles-design.com  
612 Erb Road, Perkiomenville, PA 18074  
610-754-1444      610-754-1445 (F)  
www.lifestyles-design.com

*Lifestyles Design is a compassionate advocate of the disabled with extensive experience in providing in accessible design. Owner, Patricia Nunan, CKBR, CKD, CAPS is the area's leading authority in accessible design with 15 years experience in providing beautiful spaces, such as removing old bathtubs and creating walk in showers. Lifestyles Design provides assessments for home modifications, design consultations and construction services for homeowners who wish to remain in their homes.*

### Power Stair Lifts

Robert Pretopapa      powerstairlifts@aol.com  
2700 William Penn Highway, Easton, PA 18045  
484-895-1188  
www.powerstairlifts.com

*Providing Mobility Solutions to Make Life Easier. Offering Power Stair Lifts, Vertical Wheel Chair Lifts, Power and Conventional Ramps, Threshold Ramps, Sales, Installation and Service. We provide a practical and economical solution for people who face mobility and accessibility needs. We are a local company serving the entire Lehigh Valley and beyond. Our service starts with a FREE Home Assessment. Ask about our Buyback Plan.*

### Sure-Fix Remodeling

Henry Rouhana      henryrouhana@hotmail.com  
2620 Stephens St. Easton PA 18045  
610-392-0990      www.surefixremodeling.net

*Remodeling company specializing in walk-in showers, handicap accessible bathrooms and ramps.*



# Expert and Professional Services

## Insurance - Medicare

### **AARP United Health Care**

Maria Santacoloma    m.santacoloma@yahoo.com

Serving Medicare Eligible Residents in Pennsylvania

610-366-0124    www.myuhcagent.com/mariasantacoloma

*We assist new and existing Medicare eligible clients in understanding Medicare. We offer AARP Medicare Supplement plans, AARP Medicare Complete and Rx plans. We take the time in a personal appointment to help customers find the right plan based on their needs. We are a local resource throughout the year for new and existing clients. We are available to speak to groups of any size. Please call for more info.*

### **HealthCare Solution Benefits**

Ann Miller    hcsbinc@gmail.com

324 9th Avenue, Bethlehem, PA 18018

610-868-9299    610-419-6371    www.hcsbinc.com

*Products: Medicare Plans, Individual and Group Insurance, Long Term Care Insurance, Life Insurance and Annuities. Services: Our licensed, certified, client centered health insurance consultants work with you to educate you on your rights, options and entitlements. This empowers you to make informed decisions about your healthcare needs. We represent multiple carriers allowing you to choose the options that make most suitable sense for your specific situation.*

### **Silver Crest Insurance, Inc.**

Daniel T. Banks    dan@silvercrestins.com

35 E. Elizabeth Ave., Suite 33, Bethlehem, PA 18018

610-868-5801    610-868-5838 (F)    www.silvercrestins.com

*Silver Crest Insurance is a local, independent insurance agency specializing in Medicare insurance plans. As an independent agency we offer coverage through many of the top insurance companies offering variety of coverage options. The best part is our services are cost free!*

# Expert and Professional Services

## Medical Equipment

### **Hartzell's Pharmacy**

Vincent Hartzell      admin@hartzells.com  
300 American Street, Catasauqua, PA 18032  
610-264-5471      610-264-3048 (F) www.hartzells.com

*Hartzell's offers a wide range of equipment and supplies along with personal instruction to patients and family, visits homes for evaluation and service on equipment, and provides assistance in filing insurance claims. Specialized staff includes a respiratory therapist as well as certified mastectomy and diabetic shoe fitters. Products include seat lift chairs, stair glides, CPAP equipment and supplies, bathroom aids, bracing, rollators and walkers, knee walkers and more.*

### **Maintain Your Independence, LLC**

Frank A. DeRosa      frank@gomyi.com  
PO Box 554, Nazareth, PA 18064  
484-515-4683  
www.gomyi.com

*24/7 medical alert services for seniors and the chronically ill. We provide peace of mind and continued independence with the "push of a button." Our products include a complete line of equipment including landline, cellular, auto-fall, GPS and pendants you can speak into. No long term commitments, free installation with personalized service throughout eastern PA.*

### **Young's Medical Equip./Royal Med. Supply**

Sharon Mammano      smammano@qmes.com  
Lauren Regina      lregina@qmes.com  
2710 Emrick Blvd., Bethlehem, PA 18020  
800-258-7770      610-867-7023 (F)  
www.dmeone.org

*Vents, NPWT, Nebulizers, Oxygen, WheelChairs, Hospital Beds, Hoyer Lifts, CPAP/BiPAP, enteral/tube feeding equipment, supplies & formula.*

# Expert and Professional Services

## Money Management

### **dcS Accounting & Tax Services**

Maria Smith                      dcs@cpa.com  
1528 Main Street, Hellertown, PA 18055  
610-838-1890 ext 100 610-838-1892 (F)  
www.dcsmithcpa.com

*Income Tax Services to serve the senior population who have more complex tax needs, PA Inheritance Tax Returns, Estate and Trust Tax return. Tax services are provided by our CPA of 25+ years. Our Daily Money Manager has a decade of geriatric social work experience along with daily money management experience to provide budgeting services, bill paying and financial Organization Services. Experience working with the Senior Population and their families.*

### **New York Life**

RJ Whitelock                      rwhitelock@ft.newyorklife.com  
1205 Westlakes Drive, Suite 180, Berwyn PA 19312  
610-533-2136  
www.newyorklife.com

*Offering a variety of products and service to help seniors plan for today, tomorrow and forever. I provide strategies that allow clients to have a secure stream of lifetime income cover long-term care expenses and protect and transition assets. New York Life has been helping families plan for over 168 years and has the highest possible financial rankings.*

## Moving & Transitions

### **Caring Transitions of the Lehigh Valley**

Ingrid Green                      igrreen@caringtransitions.net  
6900 Hamilton Blvd, Unit 285-311 Trexlertown, PA 18087  
610-904-8093  
www.CaringTransitionsLehighValley.com

*Relocation, downsizing and liquidating your personal property can be stressful. Let our caring and compassionate team help! Caring Transitions of the Lehigh Valley is uniquely focused on helping families with their personal belongings during difficult life transitions. Our services include new home floor plans, packing and unpacking, move management, downsizing and decluttering, as well as liquidation through estate sale or online auction, donations and disposal. We participate in the comprehensive Certified Relocation & Transition Specialist (CRTS) Program and we are a member of NASMM (National Association of Senior Move Managers.) Contact us today for a free consultation..*

# Expert and Professional Services

## Moving & Transitions

### **Senior Moves by Design**

Jill Kearney info@seniormovesbydesign.com  
3050 Hamilton Blvd., Suite 220B, Allentown, PA 18103  
610-295-0036  
www.seniormovesbydesign.com

*Senior Moves by Design is a growing and caring team of professional Real Estate Stagers, Redesigners and Senior Move Managers. They are skilled managers, organizers, designers, packers and unpackers, who help baby boomers & beyond. Services include: Real Estate Assessments & Staging - Professional design of New Home Floor Plans - Handling of Unwanted Items - Full Pack & Unpack - Art Display. Our founder sits on the Board of Directors of the National Assoc of Senior Move Managers, where we have been active members for 6 years.*

## News and Information

### **Lifestyles over 50**

Jeff Tintle editor@lifestylesover50.com  
4847 Hamilton Blvd., Ste. 201, Allentown, PA 18106  
855-233-7034  
www.lifestylesover50.com

*Offering the most comprehensive senior resource, Lifestyles over 50 is a free monthly magazine, annual directory, website and videos to connect boomers and seniors with information and the organizations that serve them. Monthly issues and annual directory can be found at our website.*

## Pharmacies

### **Hartzell's Pharmacy**

Vincent Hartzell admin@Hartzells.com  
300 American Street, Catasauqua, PA 18032  
610-264-5471 610-264-3048 (F)  
www.hartzells.com

*Locally owned and operated for 48 years, Hartzell's offers unique services to assist older adults who wish to remain independent and safe in their homes. Medication reviews and home safety assessments are two complimentary services designed for healthy aging and fall prevention. Medication synchronization and bubble packaging are offered by our pharmacy team, led by clinical pharmacists experienced in long-term care, compounding and immunizations. Care specialists advise older adults and their families on products to meet their needs: seat left chairs, stair glides, bathroom aids, bracing, rollators and walkers, compression legwear and more. The Hartzell's team also includes certified mastectomy fitters and licensed diabetic shoe fitters.*

# Expert and Professional Services

## Podiatry

### **Advanced Foot Care, P.C**

Jennifer Gross-Edwards

940 North New Street, Bethlehem, PA 18018

484-895-3777 1-866-459-9641(F)

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

*Treatment of foot and ankle conditions for all ages. Treatment includes diabetic/geriatric foot care, nail and skin disorders, corns and calluses. Treatment options for neuropathy and foot pain. Custom and prefabricated orthotics.*

### **Foot Solutions**

Stephanie Garrity [easton@footsolutions.com](mailto:easton@footsolutions.com)

3601 Nazareth Road, Easton, PA 18045

610-438-8267 610-438-8294 (F)

[www.footsolutions.com/easton](http://www.footsolutions.com/easton)

*Full service Men's and Women's shoe store specializing in helping to alleviate the most common foot problems with better shoes and inserts, and a free gait analysis.*

## Real Estate

### **Keller Williams Real Estate - Allentown**

Thomas Roth [tom@tomrothhomesales.com](mailto:tom@tomrothhomesales.com)

40 South Cedar Crest Blvd., Allentown, PA 18104

610-435-1800 610-435-2800

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

*Real estate sales, relocation services and real estate consultations.*

### **Re/Max Real Estate**

Stephen Walden [steve@steve-walden.com](mailto:steve@steve-walden.com)

3120 Hamilton Blvd., Allentown, PA 18103

610-770-9000 610-770-9508

[www.steve-walden.com](http://www.steve-walden.com)

*Consultation to assess needs/wants of homeowners and how best to fulfill them.*

# Expert and Professional Services

## Real Estate

### **Re/Max Unlimited Real Estate**

Anita Tish                      anitatish@remax.net

1080 Schadt Ave., Whitehall, PA 18052

610-730-5663      610-266-4000 (F) www.anitatish.com

*I am a Senior Real Estate Specialist experienced and knowledgeable in meeting YOUR SPECIFIC NEEDS and that can make all the difference in the world. As we age, we demand specialist in our health needs, so why not in our housing and equity needs as well? I guarantee a customized approach to YOUR SITUATION, working to fit in with your life plan whether you are buying or selling a home. My team can help you with House Clean-Out, Home Repairs, Packing & Moving Services, and other services. Let me help you take the stress out of moving. Call Anita Tish for a FREE confidential consultation.*

## Senior Care Placement

### **CarePatrol**

Sheila Nemeth                      sheilan@carepatrol.com

P.O. Box 397, Center Valley, PA 18034

610-509-7050      610-709-6120 (F) www.carepatrol.com

*CarePatrol helps families find assisted living, independent living, memory care and in-home care services. We meet with families personally to consult, educate and advocate as they explore care options. We tour with our clients to senior care communities and review care and violation histories of the communities we recommend. We are a free service and welcome the opportunity to help seniors and families in need.*

## Vision

### **Progressive Vision Institute**

Joanne Parulis                      joanneparulis@pvi-vision.com

5201 Hamilton Boulevard, Allentown, PA 18106

610-530-4444                      610-366-1343(F) www.pvi-vision.com

*Progressive Vision Institute (PVI) has been helping families see better for three decades. PVI recently opened a new, 12,000-square-foot center for eye care at 5201 Hamilton Boulevard in Allentown. This new location includes a state-of-the-art outpatient eye surgery center, ophthalmology exam areas, eyeglass/contact lens center and medical spa. Progressive Vision has 18 doctors who can perform virtually all ophthalmic treatments and surgeries. They specialize in: cataract surgery; LASIK and refractive eye surgery; glaucoma; macular degeneration; diabetic eye disease; vitreo-retinal disease and surgery; pediatric retina; oculoplastics; cosmetic treatments; dry eye management; and allergy testing. Progressive Vision Institute participates in most insurances.*

# Housing and Residential Options

## Continuing Care Retirement Communities

### **Country Meadows**

Lindsay Steele [lsteel@countrymeadows.com](mailto:lsteel@countrymeadows.com)

4035 Green Pond Road, Bethlehem, PA 18020

610-865-5580 610-865-4630 [www.countrymeadows.com](http://www.countrymeadows.com)

*Just as every person is different from the next, so too are their needs for a comfortable, rewarding way of life. We offer many levels of care to meet our residents' needs. From Independent Living and Personal Care to our specialized Pathways Restorative Program and Connections Memory Care, we customize a care plan to fit your needs. For rehabilitation and skilled services, our Nursing Center can provide the care and therapy needed for a full recovery. Our month-to-month self-renewing lease includes, meals, transportation, activities, fitness classes, housekeeping, medication administration, Genesis Rehabilitation therapy, and utilities. Stop by for a tour to see what makes Country Meadows so special.*

### **Fellowship Community**

Cheryl Mengel, [cmengel@FellowshipCommunity.com](mailto:cmengel@FellowshipCommunity.com)

3000 Fellowship Dr., Whitehall, PA 18052

610-769-4304 610-799-9959(F)

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

*Fellowship Community is a continuing care retirement community that provides Christ-centered caring for seniors at every stage of life. Fellowship Courts offers independent living townhomes while Fellowship Villa provides independent living apartments for active seniors. Fellowship Villa and Fellowship Terrace, state-licensed personal care facilities, are designed for seniors who enjoy life, but want the comfort of round-the-clock support services when they are needed. A specialized memory unit is available in The Terrace Courtyard. Skilled nursing rehabilitation and long term care are provided at Fellowship Manor Personal Care, Nursing Care Center, Post Acute Care, Memory Care.*

### **Luther Crest**

Matthew Petrauskas [petrauskasm@diakon.org](mailto:petrauskasm@diakon.org)

800 Hausman Rd., Allentown, PA 18104

610-391-8227 610-391-8220 (F)

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

*Luther Crest is an inviting community filled with enthusiasm, energy and opportunities to lead an active, engaging lifestyle. We promote total wellness for our residents – body, mind and spirit. Our convenient Lehigh Valley setting connects you with interesting people of all ages and from all walks of life, allowing you to foster friendships, both old and new. If the need for additional support arises, Luther Crest is a continuing care retirement community so you have peace of mind knowing quality health care services are available on site, delivered by people who care about you. We offer Independent Living, Personal Care, Memory Care, Long Term Skilled Nursing Care and Short Term Rehabilitation.*

# Housing and Residential Options

## Continuing Care Retirement Communities

### **Moravian Hall Square**

Liz Brandl                      lizb@moravian.com  
175 West North Street, Nazareth, PA 18064  
610-746-1000      610-746-1023 (F)  
www.moravian.com

*Moravian Hall Square is a Life Plan Community, based in historic Nazareth, PA. The community offers residents the full continuum of health care – with independent living in luxury maintenance-free apartments, personal care apartments and suites, memory care and skilled nursing care. Independent residents have several residency plans to choose from, including a Life Care plan, Fee for Service plan and a 75% Refund plan. Moravian Hall Square also provides respite care and short-term rehabilitation and therapy following a hospitalization or surgery.*

### **Phoebe Allentown**

Darren Morris                dmorris@phoebe.org  
1925 Turner St., Allentown, PA 18104-5551  
610-794-5300      610-794-5414 (F)  
www.phoebe.org

*Skilled nursing, Personal care, Short term rehab, Independent Living, Memory support services, Educational events, Outpatients Rehab, Continuing Care at Home.*

### **Westminster Village Allentown**

Laura Hafner                lhafner@psl.org  
803 N Wahneta Street, Allentown, PA 18109  
610-782-8320      610-782-8321 (F)  
www.wmvallentown.org

*Westminster Village is a continuing care retirement community that provides senior living services that include Independent Living, Personal Care, Skilled Nursing and Rehabilitation, Adult Day Services, as well as other special services to enhance your lifestyle and experiences. Westminster Village is one of the only communities in the Lehigh Valley to uniquely integrate Independent Living and Personal Care; which is particularly beneficial and cost effective to couples and singles alike. Find out why our not-for-profit status makes a difference to you!*



# Housing and Residential Options

## Independent Living Communities

### **Traditions of Hanover**

Jennifer Murphy      [jmurphy@traditionsofhanover.com](mailto:jmurphy@traditionsofhanover.com)  
5300 Northgate Drive, Bethlehem, PA 18017  
484-893-6689      610-882-2264 (F)  
[www.traditionsofhanover.com](http://www.traditionsofhanover.com)

*Winner of the Best of 2016 Award on SeniorAdvisor.com, Traditions of Hanover Independent Living is a vibrant retirement community offering an affordable month-to-month lease with NO buy-in fees. Resident services and apartment features include meals, housekeeping, a wide variety of social events, transportation, and full kitchens. Onsite physical and occupational therapists and in home support services are available to assist you with your medical and personal care needs, enabling you to stay independent in your apartment. Our warm and welcoming residents and five star staff invite you to stop by and visit us. Discover why our residents tell their friends to move to Traditions of Hanover.*

## Personal Care Communities

### **Abington Manor At Morgan Hill**

David Seng      [davids@AbingtonManor.com](mailto:davids@AbingtonManor.com)  
215 Cedar Park Road, Easton, PA 18042  
610-829-0100      610-829-0166 (F)  
[www.abingtonmanor.com](http://www.abingtonmanor.com)

*Abington Manor at Morgan Hill Senior Living is located at Morgan Hill in Easton and easily accessible from all major highways. We allow the opportunity for our residents to age in place safely by offering a compliment of service including Independent living, Personal Care and our newest service community Memory Care Village. We offer a wide range of services covering all Activities of Daily Living, medication management, health and wellness checks, on-site Physician services, rehabilitation therapies as well as social, spiritual and educational activities, chef prepared meals, housekeeping, in-house beauty services and much more. From our ultra-spacious studios to our tastefully decorated common areas, all create an atmosphere designed to enrich the lives and well-being of all who choose to make their home with us. We would love to provide you a tour of our campus to share with you all we have to offer those we serve.*

# Housing and Residential Options

## Personal Care Communities

### **Atria**

Dorine D'Andria      dorine.dandria@atriaseniorliving.com

1745 West Macada Road, Bethlehem, PA 18017

610-317-0700      610-317-0500 (F)      www.atriabethlehem.com

*Atria Bethlehem understands the importance of seniors maintaining a healthy balance between independent living and safety. When older people come to Atria, they step out of isolation into a vibrant assisted living community of peers and caregivers. Atria Bethlehem breeds independent living while enabling seniors to revel in retirement living - with the peace of mind that caregivers are always there to lend a hand. We are located moments away from shopping, restaurants, doctors, hospitals and conveniently near Route 22 while having a country-like atmosphere.*

### **DevonHouse Senior Living**

Heather Zimmerman      hzimmerman@devonhouseseniorliving.com

1930 Bevin Drive, Allentown, PA 18103

610-967-1100      www.devonhouseseniorliving.com

*DevonHouse offers professional nursing care 24 hours per day, a variety of social, spiritual, and educational activities. We also offer exceptional private and companion accommodations. Every room is beautifully furnished and has TV and phone hook-up, an emergency call system and wander guard. Call today to hear about our All-Inclusive pricing.*

### **Sacred Heart Senior Living by the Creek - Northampton**

Susan May      alfpch@rcn.com

602 E 21st Street (Rte. 329), Northampton 18067, PA

610-262-4300      www.sacredheartseniorliving.com

*Celebrating over 16 years of caring. Offering Personal Care and Independent Living options. We provide a worry free setting with a supportive environment – the perfect blending of personal freedom and security. A dedicated professional staff and personal assistance is readily available to all our residents. Residents enjoy a full social, leisure and spiritual calendar with Chef prepared meals to meet dietary requirements. Special arrangements for couples who want to stay together, but may require different care. Long, short, rehabilitation, respite and vacation stays are available with a no buy-in program, no community or entrance fees. On-site therapies provided by Good Shepherd Rehabilitation. Our Health Campus offers the services of Northampton Medical Group, an on-site Radiology Department, MRI and full laboratory services. Call to schedule a tour or to request a free, no obligation consultation at your desired location.*

# Housing and Residential Options

## Personal Care Communities

### **The Easton Home**

Peggy Castronova     mcastronova@psl.org  
1022 Northampton St. Easton, Pa 18042  
610 250-5007     www.eastonhome.org

*Imagine living in a beautiful Victorian Mansion with everything you need within easy reach. The warmth and charm that dates back to 1890, our family-like environment and rich tradition sets us apart from any other Personal Care residence in the area. We offer Personal Care as well as Alzheimer and Memory Support Personal Care. With fewer than 60 residents, we enjoy fulfilling our commitment to the personal touch. Our quality of care and accommodation enable you to enjoy an enriching life with the long-term Peace of mind you and your family deserve. We are also part of Presbyterian Senior Living's Aging Services Network, which is accredited by CARF International. This represents the highest level of accreditation and is widely regarded as a "seal of excellence"*

### **The Village at Palmerton**

Maggie Hager     mhager@thevillageatpalmerton.com  
71 Princeton Avenue, Palmerton, PA 18071  
610-824-7406     610-824-3757 (F)  
www.thevillageatpalmerton.com

*Compassionate care to meet your individual needs. All accommodations include spacious rooms with full bathrooms. 24 hour care giving staff to assist with all your personal care needs as well as housekeeping, maintenance and a full schedule of activities 12 bed Memory care unit. Come take a tour and see the difference at the Village at Palmerton.*

## Senior Apartments

### **Above and Beyond Senior Living**

Peter Hamati     Pattieh@abseniorliving.com  
2232 29th St. SW, Allentown PA 18103  
610-797-4651     610-797-3763 (F) www.abseniorliving.com

*Personal Care, Dementia Care, Independent Living, Respite Care*

### **Lutheran Manor of the Lehigh Valley Inc.**

Courtney Doheny     courtney@lutheranmanor.com  
2085 Westgate Drive, Bethlehem, PA 18017  
610-866-6010     610-866-9773 (F) www.lutheranmanor.com

*Lutheran Manor Apartments is an affordable housing community for seniors and those with a disability. We are conveniently located near area hospitals and shopping. We offer affordable independent living with a perfect blend of outstanding amenities. Our Residents enjoy a variety of recreational, educational and entertainment opportunities.*

## **The Alzheimer's Association**

Julie Thomas                      [jthomas@alz.org](mailto:jthomas@alz.org)  
617 A Main Street, Hellertown, PA 18055  
800-272-3900  
[www.alz.org](http://www.alz.org)

*The Delaware Valley Chapter supports its 18-county service territory in Southern New Jersey, Southeastern PA, and Delaware through programs and services, including 24/7 Helpline, support groups, consumer and professional education, advocacy, early stage initiatives, care consultation, diversity outreach, safety services, and online tools such as TrialMatch, AlzNavigator and AlzConnected.*

## **Barber CPR + First Aid Training**

Elaine Barber                      [barbercprfirstaidtraining@gmail.com](mailto:barbercprfirstaidtraining@gmail.com)  
1138 North Main Street, Allentown, PA 18104  
610-462-3199  
[www.barbercprfirstaidtraining.com](http://www.barbercprfirstaidtraining.com)

*Barber CPR and First Aid Training courses are authorized through the American Red Cross. Each class combines a variety of learning techniques including interactive video, guided discussion and hands on instructor training to ensure every learners' success in mastering the concepts and skills. Corporate training, in-home training and community classes are offered for your personal and business training needs. Ask me about the new blended learning class! Certifications are valid for two years. Visit our website for more information and to see a list of scheduled classes. [Barbercprfirstaidtraining.com](http://Barbercprfirstaidtraining.com)*

## **Catholic Charities**

Heather Strohm                      [hstrohm@allentowndiocese.org](mailto:hstrohm@allentowndiocese.org)  
900 S. Woodward St., Allentown, PA 18103  
610-435-1541  
[www.allentowndiocese.org](http://www.allentowndiocese.org)

*Catholic Charities is a non-profit organization which provides comprehensive social services to older adults and houses the Gatekeeper Program - a community education program whose goal is to identify at-risk seniors and connect them to appropriate services. Catholic Charities also provides specialized case management, individual and family counseling, immigration, veterans and community support services.*

## **Center for Vision Loss**

Karen Huetter karen.huetter@centerforvisionloss.org  
845 W. Wyoming Street, Allentown, PA 18103  
610-433-6018 x. 241 610-433-4856 (F)  
www.centerforvisionloss.org

*The Center for Vision Loss is a non-profit agency dedicated to improving the lives of people with vision loss and promoting healthy vision in the community. We serve Lehigh, Northampton and Monroe Counties with programs and services which support, encourage and empower people with visual impairment to regain their independence. These include vision rehabilitation services, escorted transportation with a sighted guide, lifeskills education classes, support groups, socialization activities and a Low Vision Clinic.*

## **Habitat Lehigh Valley ReStore**

DonateStuff@habitatlv.org  
1053 Grape St., Whitehall, PA 18052  
610-776-7499 www.habitatlvrestore.org

*ReStore accepts donations of new or gently used building materials, furniture, appliances & household good and resells them to the public. ReStore provides an environmentally and socially responsible way to keep good, reusable materials out of landfills. Habitat for Humanity has served the Lehigh Valley Community for 25 years and has built over 100 homes and improved the lives of countless families.*

## **Lehigh County Aging/Adult Services**

Tiffany Winkle tiffanywinkle@lehighcounty.org  
17 South 7th St., Allentown, PA 18101  
610-782-3034 610-820-2028 (F) www.lehighcounty.org

*Our agency provides information & assistance, assessment, care management, personal care, adult day care, aging waiver program, nursing home transition, Ombudsman, caregiver support program, Apprise, protective services, senior centers, home modification home support, PA LINK, & housing assistance.*

## **Lehigh County Veterans Affairs**

Thomas Applebach thomasapplebach@lehighcounty.org  
17 S. 17th Street, Allentown, PA 18101  
610-782-3295 610-820-2026 (F) www.lehighcounty.org

*Directly assists veterans, their families and survivors to obtain the federal, state and county benefits for which they are eligible. We counsel and assist in preparing and submitting claims and applications for benefits and act as their representative to the U.S. Department of Veteran Affairs, the Commonwealth of Pennsylvania and Lehigh County.*

## **Lehigh Valley Active Life**

Rick Daugherty    rick@lvactivelife.org  
1633 West Elm Street, Allentown, PA 18102  
610-437-3700    610-437-6252  
www.lvactivelife.org

*We provide a wide array of programs and activities seven days a week from morning to night for persons aged 55 and older. Exercise classes, history lectures, music, cards, Broadway trips and art programs are our most popular.*

## **Meals on Wheels of Lehigh County**

Pam Bechtel    pbechtel@mealsonwheelslc.org  
4234 Dorney Park Road, Allentown, PA 18104  
610-398-2563    610-398-7088 (F)  
www.mealsonwheelslc.org

*Home-delivered nutritious hot, cold and weekend meals for predominantly homebound seniors and adults with disabilities. Grocery shopping for clients and non-clients who have difficulty shopping for themselves. Pet food for clients' pets.*

## **Meals On Wheels of Northampton County**

JoAnn Nenow    joannn@mealsonwheelspa.org  
4240 Fritch Drive, Bethlehem, PA 18020  
610-691-1030    610-691-1775  
www.mealsonwheelspa.org

*Nutrition services for seniors, the disabled, and people recuperating from hospital stays. Meals on Wheels is able to serve client's ages 18 and older. We provide home-delivered hot lunches, sandwich dinner packs, and frozen meals as well as grocery shopping service. We also provide group dining services for senior centers, adult day care centers and child care centers.*

## **Muscular Dystrophy Association**

Destinee Deely    ddeely@mdausa.org  
5940 Hamilton Blvd., Suite F, Allentown, PA 18106  
610-391-1977  
www.mda.org

*MDA provides free clinical services, support groups, a durable medical equipment loan closet and much more for those diagnosed with muscular dystrophy.*

## **Northampton County Area Agency on Aging**

John Mehler

2801 Emrick Blvd., Bethlehem, PA 18020

610-829-4540

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

*Plans and coordinates the provision of services to older adults (age 60 and over) in Northampton County. Programs and services designed to enhance the independence and dignity of older adults and to provide protection as necessary.*

### **Project Lifesaver/TRIAD**

Martha Lieberman [martha.lieberman@rcn.com](mailto:martha.lieberman@rcn.com)

333 Ridge St., Apt 200, Emmaus PA 18049

610-966-8511

*Project Lifesaver places personalized radio transmitters on identified persons. Transmitters assist caregivers and local emergency agencies in locating those who cannot help themselves. Local emergency teams respond to calls resulting in an average rescue time of less than 30 minutes.*

### **Regional Lead AARP Lehigh Valley**

Mary Jane Long [mjlong42@hotmail.com](mailto:mjlong42@hotmail.com)

27 Glenmoor Circle Easton PA 18045

610-258-4920 [www.aarp.org/pa](http://www.aarp.org/pa)

*Non profit organization which conducts advocacy and educational programs in the Lehigh Valley and performs Community Service.*

### **YWCA Bethlehem**

Sabrina Keim [adsc@ywcabethlehem.org](mailto:adsc@ywcabethlehem.org)

3893 Adler Place, Bldng B, Ste 1180 Bethlehem, PA 18017

610-867-4669 ext. 100

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

*The Adult Day Services Center of YWCA Bethlehem proudly celebrated 32 years of expert care to seniors in our community in 2016. We offer experience that keeps seniors living well and caregivers that know how to engage them through many fulfilling activities. Want to know more?*



Lehigh Valley Aging in Place  
P. O. Box 74 Macungie, PA 18062  
[info@lvaginginplace.org](mailto:info@lvaginginplace.org)

**1-877-334-8942**

**We understand and respect the unique needs  
of independent seniors and their lifestyles.**