

Philadelphia Corporation for Aging Remains Committed in the Midst of the COVID-19 Pandemic

December 2020

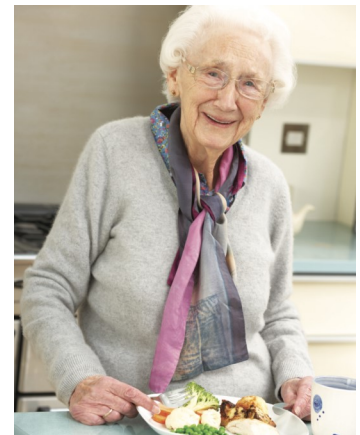
MEAL OPTIONS OFFERED THROUGH PCA

Home-Delivered Meals

Home-delivered meals provided by PCA meet one-third of the Recommended Dietary Allowance for older adults, meet the Dietary Guidelines for Americans, and are moderately low in fat and sodium. PCA provides this service to frail older individuals and people with disabilities who struggle to afford balanced meals, are unable to cook or shop for food, and have no one to help prepare meals.

Meals delivered to consumers home:

- Frozen meals are delivered on a weekly basis, with each delivery consisting of up to seven meals.
- Hot meals are delivered daily, Monday through Friday, with sandwich packs for weekends, for those unable to heat frozen meals.
- All meals are appropriate for diabetics.
- Each meal includes complements such as milk, fruit, bread and dessert.
- Kosher meals are available.
- Shelf-stable emergency meals are provided in the event an emergency prevents PCA's Meal Distribution Center from making deliveries.



For more details, or to request an assessment to determine eligibility, call the PCA Helpline at 215-765-9040.

Grab & Go Meals

While a few of PCA funded senior centers in Philadelphia are closed due to the COVID-19 pandemic, some centers are providing grab and go lunch options during weekdays. Seniors who are not currently a member of a participating center **must** call ahead to ensure meals are available.

For a list of centers offering grab and go lunches, visit <https://pcacares.org/services-for-seniors/pca-grab-and-go-meal-sites/>. Since this list is subject to change, older adults should call each site first to be added to the list for meals or to discuss other meal arrangements for those 60 and over.





The Dr. Johanne Louis Foundation (JLF), is a nonprofit organization that assists the underserved through programs that improve quality of life such as health promotion, hunger relief, and community outreach.

In response to social isolation brought on by the COVID-19 pandemic, The Johanne Louis Foundation will be providing free tablets to older, low-income adults in Philadelphia and Delaware Counties. These tablets will connect them to telehealth visits, quality time with family through virtual platforms, online grocery shopping, and even community events such as online religious services. Volunteers will assist older adults with hands-on verbal, and written instructions on how to use tablets and upload informative apps. For more information, or to make a donation in support of this very important initiative, visit <https://drjohannelouisfoundation.org/> or contact **Johanne Louis at 215-301-7171**.

Dr. Johanne Louis Foundation, INC (JLF): Operation CONNECT



OPERATION CONNECT: CLOSING THE GAP BETWEEN SENIORS AND THE RESOURCES LOST DURING THE COVID-19 PANDEMIC.

Requirements:

- must be at least 65 years of age.
- must be a resident of Philadelphia, Delco or Chester counties.
- must have an income of \$20,000 a year or less.
- must have internet access.

***Not every applicant will receive a tablet. Those who meet all outlined requirements and are deemed eligible by JLF will receive hands on training to use the device and will be asked to complete a short survey.**

Name: _____

Address: _____

Phone Number: _____

Please return flyer to
P.O. Box 1025
Drexel Hill, PA 19026

Contact (215)-650-1994
for more information

SeniorLAW Center Intake and PA HelpLine Closures



SeniorLAW Center is transitioning to a new case management system to better serve our clients and communities. We will therefore limit intake for the month of November as follows:

INTAKE CLOSED EXCEPT FOR EMERGENCIES November 2, 2020-November 13, 2020

Intake for Philadelphia seniors at 215-988-1242 will be closed except for emergencies, which include: Protection from abuse and domestic violence matters; Immediate loss of primary home; Recent frozen bank accounts or recent unauthorized withdrawal of money from a bank account; Recent utility shutoffs.

Intake for Chester and Delaware County senior victims at 610-910-0215 and Bucks and Montgomery County senior victims at 610-910-0210 will be closed except for emergencies, which include: Elder abuse or urgent financial exploitation.

Our Pennsylvania SeniorLAW HelpLine 1-877-PA SR LAW (serving seniors throughout Pennsylvania) will also be closed except for the following emergencies: Elder abuse or urgent financial exploitation. Seniors who have an emergency should call 911, the PA Elder Abuse Hotline (1-800-490-8505) or the Area Agency on Aging for your county.

LIMITED CAPACITY INTAKE November 16, 2020- November 27, 2020

Intake for Philadelphia seniors at 215-988-1242, our Pennsylvania SeniorLAW HelpLine 1-877-PA SR LAW (serving seniors throughout Pennsylvania) and for Chester and Delaware County senior victims at 610-910-0215 and Bucks and Montgomery County senior victims at 610-910-0210 will reopen with limited capacity (with the exception of November 26th and November 27th when SeniorLAW Center will be closed).

FULL CAPACITY INTAKE BEGINNING November 30, 2020

Intake for Philadelphia seniors at 215-988-1242, our Pennsylvania SeniorLAW HelpLine 1-877-PA SR LAW (serving seniors throughout Pennsylvania) and for Chester and Delaware County senior victims at 610-910-0215 and Bucks and Montgomery County senior victims at 610-910-0210 will reopen at full capacity.

Please visit our new website for vital information for older people and their families, including COVID-19 resources: www.seniorlawcenter.org

Thank you for your patience during this time.
We are grateful for your partnership in pursuing justice for older people.

Two Penn Center, 1500 JFK Boulevard, Suite 1501, Philadelphia, PA 19102

Phone: 215-988-1244 | Fax: 215-988-1243

Pennsylvania SeniorLAW HelpLine 1-877-PA-SR-LAW

www.seniorlawcenter.org



Taller Puertorriqueño is offering free community art classes!

Learn, create, and share with others weekly from the comfort of your own home, on your smartphone, tablet, or computer. Classes include:

- Social Dance Lesson (Salsa, Merengue, Swing and Bachata)
- Paper Art Classes (Origami)
- Creative Writing

Guest artists will lead you through lessons that inspire you to create, write, move, and share your stories. They will share their knowledge of various art forms, and provide live music. **Classes will begin on Thursday, December 3rd and end Thursday, January 21st with a final celebration.** The final work will be archived and displayed online at Taller Puertorriqueño in a community art piece. Please note, there will be no classes offered the week of Christmas and New Year.

For more information, or to sign up for classes, **email your name, age, telephone number (optional), and how you learned of these classes to:**

Christina Castro-Tauser at [**dancingfun5678@gmail.com**](mailto:dancingfun5678@gmail.com)

AND

Dora Viacava at [**dviacava@tallerpr.org**](mailto:dviacava@tallerpr.org)

Community Engagement outreach staff can be contacted directly via email or by phone at 215-765-9000:

Wanda F. Mitchell, Director
Wanda.Mitchell@pcaCares.org, ext. 5101

Roger Moore, Manager,
Roger.Moore@pcaCares.org, ext. 5341

Lissette Sarfraz, Latino Outreach Coordinator
Lissette.Sarfraz@pcaCares.org, ext. 5343

Sung Young Yun, Asian Outreach Coordinator
Sung.Yun@pcaCares.org, ext. 5344

Mark Kendrick, Outreach Coordinator
Mark.Kendrick@pcaCares.org, ext. 5342





PCA Care Connections Nursing Home Transition Program (NHT)

The Nursing Home Transition (NHT) team works in collaboration with our Community Health Choice Managed Care Organization (MCO) partners. The purpose is to honor the rights of eligible nursing home residents of self-determination and a desire to age in place. Our shared goal is to mitigate barriers for nursing home residents electing to return to community living. In the pre-transition phase, NHT Coordinators work relentlessly to assist with obtaining documents required to secure community housing. In addition, the coordinators perform the footwork to assure a safe and smooth transition.

NHT Coordinators assist residents to fill out housing applications and accompany residents to view and sign off on housing once applications are approved. They facilitate the purchase and setup of furniture, household goods and a month's worth of groceries upon transition to the community. The Coordinators work in consultation with the resident, internal MCO counterpart, nursing home social workers and nursing home business offices. The day of transition is especially rewarding when the resident finally arrives home.



Restrictions brought on by the pandemic have not inhibited the Coordinators from working just as hard for residents on their caseloads. During the COVID-19 era, Coordinators continue to accompany their residents to PennDOT or other necessary offices. Transition Coordinators also continue to shop for participants in prepping for their transition, while this is sometimes accomplished online, often the Transition Coordinator does this in-person. Since the beginning of the COVID-19 pandemic, ZsaZsa Betancourt and Luetensia Myers, NHT Coordinators, have transitioned 11 nursing home residents to community living with more pending discharges.

**For additional information contact Simeon Lawrence at
215-282-6500 x3314 or 215-205-8216.**

Milestones

Read PCA's Milestones newspaper online today!

<https://pcacares.org/what-we-do/publications/milestones/>

Energy Bill Assistance

Philadelphia Gas Works (PGW) is urging low-income customers who have fallen behind on their bills to call 215-235-1000 for information about PGW's robust payment assistance programs and payment arrangement options. With winter approaching, and as the COVID-19 pandemic continues, help is available for PGW customers to stay current on their energy bills and avoid taking on higher debt over the winter or service termination in the future.



PGW offers its Customer Responsibility Program (CRP), which was recently modified to further reduce monthly bill amounts for certain low-income customers enrolled in the program. CRP helps low-income households better afford their bills and receive forgiveness of past debt. Based on household income, customers enrolled in CRP could pay as little as 4 percent of their monthly income on their PGW bill.

Earlier this month, PGW customers could begin applying for LIHEAP (Low Income Home Energy Assistance Program), a federal grant ranging from \$200 to \$1,000 that helps income-eligible families pay their heating bills and restore gas service. The grants are available to renters and homeowners, and do not have to be repaid.

Several more payment assistance programs are available for PGW customers, including:

- **Payment Arrangements:** For PGW customers who fall behind.
- **Budget Billing:** Sets up a consistent pay amount each month of the year.
- **UESF (Utility Emergency Services Fund):** A grant designed to pay off the balance of a customer's unpaid utility bill and bring it to \$0.
- **Customer Assistance Referral Evaluation Program (CARES):** Provides referral assistance to residential customers with special circumstances. These might include medical emergencies, unemployment or other temporary hardships.

In addition to calling 215-235-1000, customers can find information on PGW's payment assistance programs at www.pgworks.com/residential/customer-care/payment-assistance.

UESF PLUMBING REPAIR PROGRAM

LOWER YOUR HOME WATER USAGE
WITH OUR VIRTUAL REPAIR PROGRAM

INCOME GUIDELINES OF 250% FPL & UNDER

Keeping in mind social distancing norms, we can send you the plumbing items for simple repairs and a link to a video on how to make the repair at home

CALL: 215.814.0332
OR EMAIL: WATER@UESFACTS.ORG



UPCOMING VIRTUAL EVENT

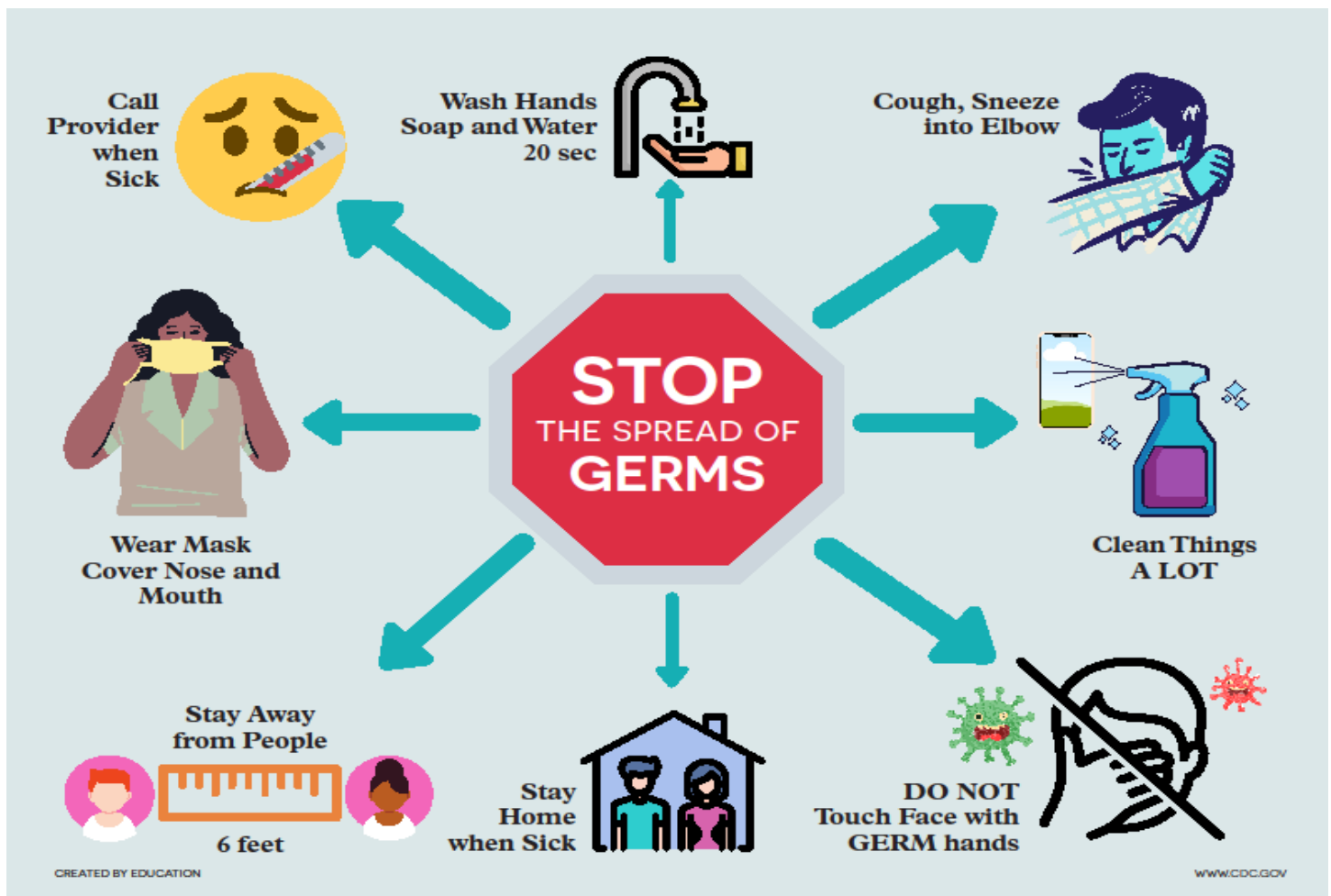
PCA Virtual Joint Advisory Meeting

Thursday December 3, 2020 @ 10:00AM

How Does PCA Address Senior Isolation, Food Insecurity and Safety in the Community?

Join us to learn more about available resources and programs
to help the senior population.

For additional questions, please contact Lissette Sarfraz at
215-282-6582 or Lissette.Sarfraz@pcaCares.org



ARE YOU A
SENIOR LOOKING
FOR MEANINGFUL
CONNECTION
WHILE STAYING
SOCIALY
DISTANT?

JOIN
TEMPLE
PEN PALS!

PARTICIPANTS WILL BE
MATCHED WITH A TEMPLE
MEDICAL STUDENT TO
REGULARLY EXCHANGE LETTERS.



INTERESTED?

ASK YOUR PROVIDER
TO REFER YOU, SCAN
THE QR CODE, OR
CALL/EMAIL US WITH
QUESTIONS!



Contact Temple Pen Pals at:
267-225-6507

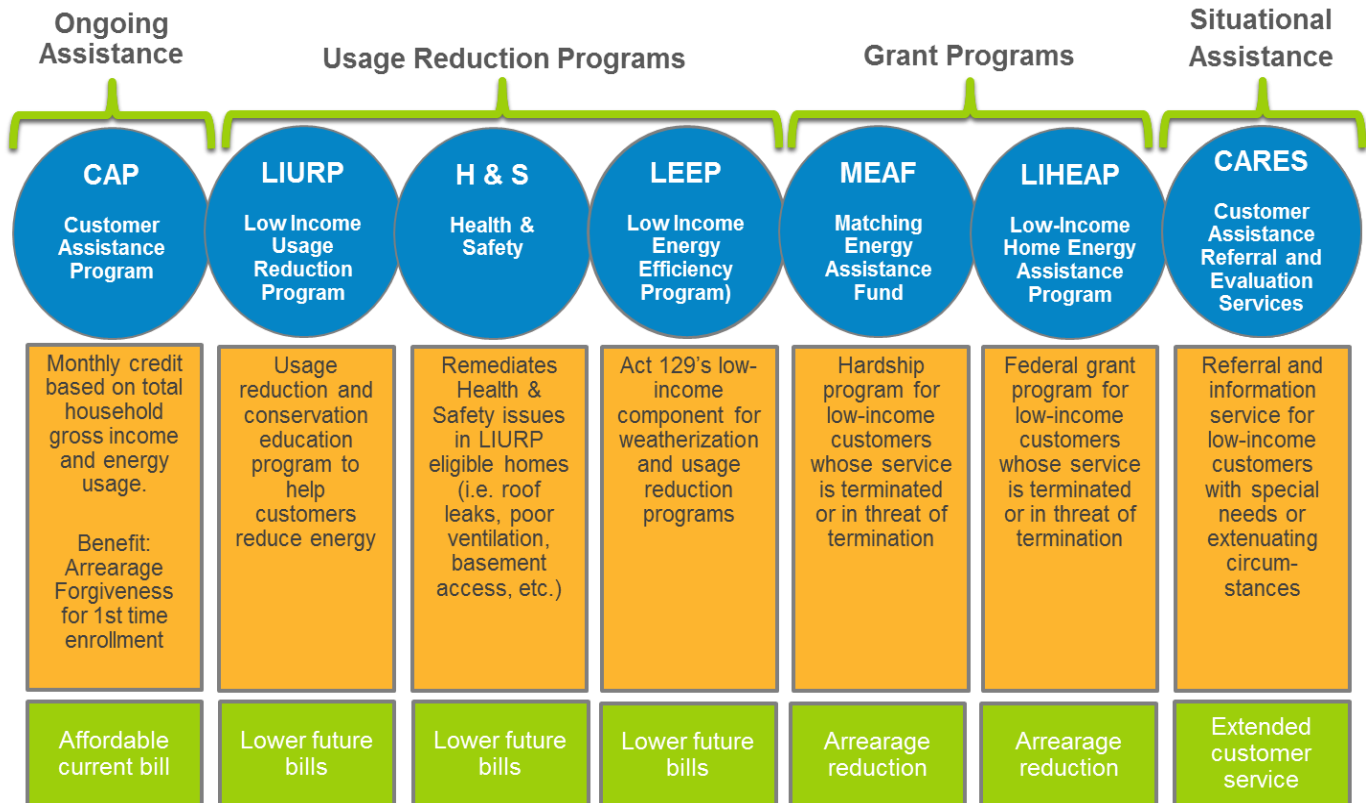
Templepenpal@gmail.com



PECO Energy Assistance Programs



PECO Energy offers assistance programs to help its customers make ends meet. Managing your energy bill can be challenging, especially during this time of global crises. Learn more about how PECO can help you reduce your energy costs.



To find out more information on PECO's expanded payments options and financial assistance programs, visit www.peco.com, or call 1-800-494-4000. Representatives are available 7 a.m. to 7 p.m., Monday through Friday.

Be safe and stay healthy!

**PCA Helpline
215-765-9040**

www.pcaCares.org