



THE LCAAA ADVOCATE

OCTOBER 2026 EDITION OF THE LCAAA ADVOCATE NEWSLETTER

AGING YOUR WAY FESTIVAL: RESOURCES, CONNECTION, AND COMMUNITY

Aging looks different for every person. For some, it means staying active and involved. For others, it means finding the right support, learning about available resources, caring for a loved one, or making decisions for the years ahead.

That is part of the heart behind the Aging Your Way Festival.

Formerly known as the Lebanon 50+ Festival, this year's Aging Your Way Festival will be held on Thursday, October 8, 2026, beginning at 10:00 a.m. at the Lebanon Expo Center. The event has been reimagined to offer a more interactive experience for individuals, families, caregivers, and community members throughout Central Pennsylvania.

The festival connects well with the larger vision of "Aging Our Way," Pennsylvania's statewide plan for helping older adults. Seniors need support to live with dignity, independence, and the care they need to remain active and respected members of their communities. While that statewide effort looks at long-term priorities across Pennsylvania, the **Aging Your Way Festival** brings many of those same ideas close to Lebanon County.



Attendees will have the opportunity to meet local organizations, learn about health and wellness resources, participate in activities, enjoy entertainment, and gather information that may help them or someone they love. Planned highlights include health screenings, a vaccination station, a puzzling contest with Lebanon County Libraries, a PA Tool Library building workshop, painting classes, food demonstrations, therapy animals, music, exhibitors, raffles, door prizes, and more!

The festival is free to attend and offers something more than brochures on a table. It is a chance to ask questions, make

connections, discover resources, and be reminded that aging well is not something any of us does alone.

We hope you will join us for this year's **Aging Your Way Festival** and invite a friend, neighbor, family member, or caregiver to come along!

• This article was contributed by Bonner A. Davis, Volunteer Coordinator with the Lebanon County Area Agency on Aging. Have questions about navigating local senior resources? Stop by our agency booth at the **Aging Your Way Festival** on Thursday, October 8th at the Lebanon Valley Expo Center or call our office at 717-273-9262.

Medicare Open Enrollment Is Coming Soon!



This is the time to review your Medicare coverage that you currently have!

During Medicare Open Enrollment, you have the ability to:

- Compare Medicare, Health and Prescription Drug plans
- Switch to a different Medicare

- Advantage plan
- Join, switch, or drop a Medicare Part D Prescription Drug Plan

Why Review Your Coverage?
Your plan may change each year, including:

- Monthly premiums
- Prescription Drug Coverage
- Provider Networks
- Copays and Deductibles

Reviewing your options could help you save money and ensure that your coverage continues to meet your needs.

Need Help?

Free, unbiased Medicare Counseling is available to help you:

- Compare Plans
- Understand your Medicare Options
- Review Prescription Drug Costs
- Answer Medicare Questions

Contact Pennsylvania Medicare Education and Decision Insight, PA MEDI
Kaylee Mauser, Lebanon County PA MEDI Coordinator
717) 273-9262 Ext 5563



Pennsylvania
Medicare Education
and Decision Insight



SHIP
State Health Insurance
Assistance Program

This advertisement is funded by a grant award totaling \$1.8 million (100%) from the U.S. Department of Health and Human Services.

APPLE CRUMB RECIPE

A simple, comforting apple crumble with tender cinnamon-spiced apples and a buttery, crisp topping that can be made in under an hour.

Ingredients

For the Apple Filling:

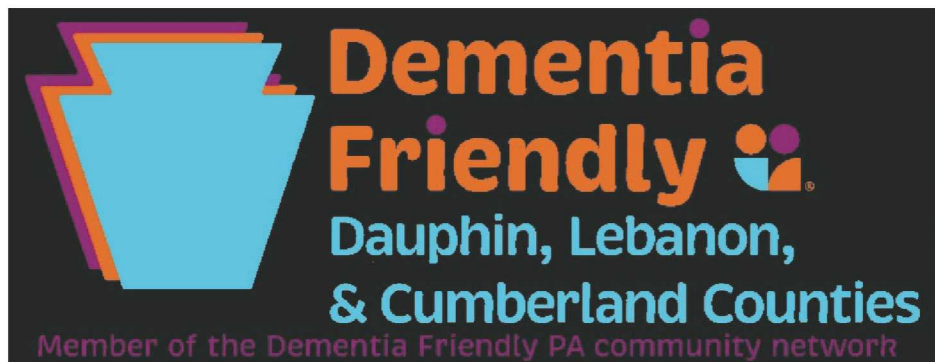
- 6 cups peeled, cored, and sliced Granny Smith apples (about 6 medium apples)
- ¼ cup light brown sugar
- 1 tablespoon lemon juice
- 1 teaspoon ground cinnamon
- 2 tablespoons all-purpose flour or cornstarch

For the Crumble Topping:

- 1 cup all-purpose flour
- ½ cup granulated sugar
- ½ cup light brown sugar
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- ½ cup (1 stick) unsalted butter, melted
- Optional: ½ cup rolled oats or chopped nuts for extra texture

Instructions

1. **Preheat Oven:** Set oven to 375°F (190°C) and lightly grease an 8x8 or 9-inch baking dish.
2. **Prepare Apple Filling:** In a large bowl, combine apples, brown sugar, lemon juice, cinnamon, and flour or cornstarch. Toss to coat evenly.
3. **Make Crumble Topping:** In a medium bowl, mix flour, sugars, salt, and cinnamon. Pour in melted butter and stir with a fork until the mixture forms clumps. Add oats or nuts if desired.
4. **Assemble:** Spread the apple mixture evenly in the baking dish. Sprinkle the crumble topping over the apples, covering them generously.
5. **Bake:** Place in the oven for 35–45 minutes until the topping is golden brown and the apple juices are bubbling.
6. **Cool and Serve:** Let cool for 10–15 minutes to allow the filling to thicken. Serve warm with vanilla ice cream, custard, or whipped cream for extra indulgence.



LEBANON COUNTY DESIGNATED A DEMENTIA FRIENDLY COMMUNITY!

Becoming a dementia friendly community is part of an initiative that the Lebanon Dementia Task Force has been working on to create an inclusive and supportive environment for people living with dementia and their care partners. Lebanon County is one of 21 dementia friendly communities in PA.

The work of the task force does not stop with this designation. One of the on-going goals is to change the way people think, act and talk about

dementia. Members of the community are invited to become Dementia Friend (**.dementiafriendspa.org) through one-hour, free Information Sessions which cover five key messages about dementia, touch on what it is like to live with dementia and help to turn understanding into practical action. Participants will leave with a certification as a “Dementia Friend”, joining the 33,175 current PA Dementia Friends. For more information on a Dementia Friendly Information Session,

contact Margie Yohn at (717) 644-3812

PA State Legislative News: House Bill 2734

The FDA has recently approved 2 treatments for early intervention of Alzheimer’s, however, insurance is slow to want to cover these treatments. Consider supporting an amendment to the insurance act to get them to cover tests and treatments by going online to alz-pa.quorum.us/campaign/165267/ to send a pre-written letter urging state representatives to co-sponsor HB2734.

FARMERS MARKET NUTRITION PROGRAM

Last distribution date
Wed 9/23 1—2pm YMCA
(at Community Garden)
201 N 7th St
Lebanon PA 17042

Other options if the above In-Person dates don't work:

Call Lebanon County Area Agency on Aging to schedule a date and time for pick-up.
Monday—Friday—
2:30—4pm no appointment needed, knock on

room 110, 1st Floor.

Eligibility- Eligible persons must be Lebanon County Residents & must be 60 years of age or older during 2026. Annual Household Income guidelines are:

- 1 Person- \$29,526
- 2 People- \$40,034
- 3 People- \$50,542
- 4 People- \$61,050
- 5 People- \$82,066
- 6 People- \$82,066

Benefits- Eligible people will receive five- \$5 checks for a total benefit of \$25.00 one time during the program year.

Time Frames- Check distribution between June 1 and Sept. 30, or until all gone. Checks expire on Nov 30.

Eligible Food- Senior FMNP checks may only be used to purchase produce grown in Pennsylvania.

MAPLE STREET SENIOR CENTER

October Maple Street Senior Center will have soup & sandwich meals on Thursdays Oct 8th & 29th from 12-1p for suggested donation \$4.50. contact Barbara at 717-273-1048 to be added to list.



October HDM 2026



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Chicken Salad Sandwich (1/2c) Macaroni Salad (1/2c) Fresh Apple Very Veggie Juice Lettuce/Tomato 2 WG Bread Slices Milk	Sausage, Egg, & Cheese English Muffin Homestyle Roasted Potatoes (1/2c) Pineapple Tidbits (1/2c) Sunrise Orange Juice WG English Muffin Milk
5	6	7	8	9
Meatloaf w/Gravy (2oz) Mashed Potatoes (1/2c) Sweet Peas (1/2c) WG Dinner Roll Milk/Margarine	Bologna & Cheese Sandwich 3 Bean Salad (1/2c) Fruit Medley (1/2c) Lettuce/Tomato 2 WG Bread Slices Milk/Mayo	Veggie Lasagna Roll-Up in Cream Sauce Peperonata w/Tomatoes (1/2c) Diced Pears (1/2c) Breadstick Milk	Grilled Chicken Salad Tomato Cucucumber Salad (1/2c) Fresh Orange Chocolate Chip Cookie Dressing Packet WG Dinner Roll Milk/Margarine	Krabby Cake Rice Pilaf (1/2c) Sweet Potato Casserole (1/2c) Diced Beets (1/2c) Milk
12	13	14	15	16
	Crispy Fish Sandwich Stewed Tomatoes (1/2c) Peas & Carrots (1/2c) Applesauce (1/2c) WG Hamburger Bun Milk	Sweedish Meatballs (4) in Cream Sauce Buttered Pasta (1/2c) Seasoned Green Beans (1/2c) Pineapple Tidbits (1/2c) Milk	Turkey & Cheese Hoagie Potato Salad (1/2c) Fresh Banana Lettuce/Tomato WG Hot Dog Bun Milk/Mayo	Beefaroni (1c) Seasoned Sweet Corn (1/2c) Mandarin Oranges (1/2c) WG Dinner Roll Milk/Margarine
19	20	21	22	23
Roast Beef (3oz) w/Gravy (2oz) Mashed Potatoes (1/2c) Steamed Mixed Veggies (1/2c) WG Dinner Roll Milk/Margarine	Egg Salad Sandwich 3 Bean Salad (1/2c) Diced Peaches (1/2c) Lettuce/Tomato 2 WG Bread Slices Milk	Macaroni & Cheese (1c) Steamed Carrot Coins (1/2c) Stewed Tomatoes (1/2c) Raisins (1/2c) Milk	Taco Salad Brown Rice (1/2c) Black Beans (1/2c) Very Veggie Juice Chocolate Chip Cookie Dressing Packet Milk	Sloppy Joe Seasoned Green Beans (1/2c) Scalloped Potatoes (1/2c) WG Hamburger Bun Milk
26	27	28	29	30
Cheese Omelet Breakfast Poatoes w/Onions (1/2c) Warm Apple Compote (1/2c) Sunrise Orange Juice WG English Muffin Milk	Garlic Parmesan Chicken Salad Diced Beets (1/2c) Pineapple Tidbits (1/2c) Dressing Packet WG Dinner Roll Milk/Margarine	Pizza Pasta Bake (1c) Creamed Spinach (1/2c) Mandarin Oranges (1/2c) Milk/Margarine	Tuna Salad Sandwich Pepper Cabbage (1/2c) Fresh Orange Lettuce/Tomato 2 WG Bread Slices Milk	Sweet & Sour Chicken (3/4c) Brown Rice (1/2c) Broccoli Salad (1/2c) Applesauce (1/2c) Milk

JOKE OF THE MONTH

Why are teddy bears never hungry? - They are always stuffed.



HOME HEATING TIPS

Keep your home warm in winter by combining proper insulation, efficient heating systems, and smart energy-saving practices.

Improve Insulation and Seal Leaks

Heat loss is a major factor in winter discomfort. Check for drafts around windows, doors, and gaps in walls or floors. Use weather-stripping or sealant to close leaks, and consider replacing old windows with ENERGY STAR certified models to reduce energy loss by up to 45%. Adding insulation in the attic, basement, and walls can prevent heat from escaping and make your home feel warmer.

Optimize Your Heating System

Maintain your furnace, boiler, or heat pump with regular inspections and filter changes. Clean filters improve airflow and efficiency, while professional HVAC inspections can identify worn parts or leaks.

Modern high-efficiency boilers or heat pumps can reduce energy consumption and heating costs. Use a smart thermostat to program temperatures—around 20°C when home and awake, and 17°C when sleeping or away.

Maximize Heat Distribution

Ensure furniture or rugs do not block heaters, vents, or registers. Reverse ceiling fans to spin clockwise to push warm air down from the ceiling. Open curtains during the day to let sunlight in and close them at night to retain heat.

Supplemental Heating Options

Use space heaters, electric fireplaces, or oil-based radiators to warm specific rooms without heating the entire house. For bedrooms, electric blankets, weighted blankets, or flannel bedding can provide warmth efficiently without running central heating all night.

Lifestyle and Energy-Saving Tips

- Close doors and vents in unused rooms to concentrate heat where needed.
- Maintain a consistent indoor temperature rather than frequent adjustments to save energy.
- Consider timed heating schedules for water and rooms to avoid unnecessary energy use.

Alternative Heating Methods

Depending on your location, some homes use wood-burning stoves, electric baseboard heaters, or heat pumps as primary or supplemental heating sources. Choose the method that aligns with your energy availability and cost considerations.

By combining insulation improvements, efficient heating systems, smart thermostats, and supplemental heating, you can maintain a warm, comfortable home while minimizing energy costs throughout the winter. natural-resources.canada.ca+7.

Annville

717.867.1796

Michele Allen

200 S. White Oak St.
Annville, PA 17003
Christ Church UCC

Maple Street

717.273.1048

Barbara Yeagley

710 Maple St
Lebanon, PA 17046
Area Agency on Aging

Myerstown

717.675.9546

Anne Kim

101 S Railroad St
Myerstown, PA 17067

Palmyra

717.838.8237

Shirley Kutz

101 S. Railroad St.
Palmyra
Interfaith Manor