



THE LCAAA ADVOCATE

FEBRUARY 2026 EDITION OF THE LCAAA ADVOCATE NEWSLETTER

THRIVE: HEALTH AWARENESS FAIR FOR INDIVIDUALS WITH ID/AUTISM AND FAMILIES



Lebanon County MH/ID/EI is partnering with The Arc Lancaster Lebanon to host THRIVE, a community health awareness fair designed for individuals with an intellectual disability and/or autism, their families, and support persons.

Finding healthcare providers who understand the unique needs of individuals with disabilities can be challenging. THRIVE helps bridge that gap by bringing local resources

together in one place—so participants can meet providers, learn about services, explore community support, and make meaningful connections.

EVENT DETAILS

- Date: Saturday, March 14, 2026
- Time: 10:00 AM – 1:00 PM
- Location: Area Agency on Aging, 710 Maple Street, Lebanon, PA
- Cost: No fee to participate
- In recognition of: Intellectual Disability Awareness Month

Community partners may also participate by offering resources, hands-on activities, health screenings, or nutritional information for attendees to explore.

For more information, please contact Monica Boyer (Lebanon County MH/ID/EI) at monica.boyer@lebanoncountypa.gov or (717) 274-3415.

HAVE A HAPPY VALENTINE'S DAY

Valentine's Day is a beautiful reminder that love comes in many forms—not only romantic love, but also self love, friendship, and the deep connections we build throughout our lives. For older adults who are single, this day can be an opportunity to celebrate themselves with intention and joy.

Seniors can honor the day by treating themselves with the same kindness they've shown others over the years—whether that means enjoying a favorite meal, reconnecting



with a friend, writing a gratitude note to themselves, or spending time on a hobby that brings comfort and creativity. Many also find meaning in sharing love outwardly: calling a family member, sending a card to someone who may feel lonely, or volunteering in the community.

Valentine's Day doesn't belong only to couples—it belongs to anyone who chooses to celebrate love in all its forms. And for older adults, it can be a powerful moment to recognize their own worth, resilience, and the many relationships that enrich their lives.



BE AWARE OF SCAMS

Romance scams involve criminals pretending to form a genuine romantic connection online in order to gain someone's trust and eventually exploit them for money or personal information. Scammers typically move quickly, express strong emotions early, avoid meeting in person, and create dramatic stories or emergencies that require financial help. They often pressure the victim to keep the relationship private and may use stolen photos or fake identities. These scams cause significant emotional and financial harm, especially to older adults who may be targeted for their kindness, trust, or perceived stability. Recognizing the red flags and never sending money to someone you haven't met in person are key to staying safe.

MAPLE STREET SENIOR CENTER CRAFT DAY

Monday February 9th
12:30PM in library
\$10 per person

OUR LUNCH AND LEARN is on Romance scams & fraud
Thursday February 12th at 12p in Library, please RSVP

STAYING WARM AND SAFE DURING COLD WEATHER

Cold weather can be challenging for older adults, and even small drops in temperature can affect comfort, mobility, and health. A few simple precautions make winter safer and more enjoyable.

Staying Warm Indoors

- Dress in layers, even at home, to help the body retain heat.
- Keep indoor temperatures consistently warm; avoid letting the house get too cool overnight.
- Use blankets, warm socks, and throws to stay comfortable while resting or watching TV.
- Have a plan for power outages—keep flashlights, extra blankets, and charged phones ready.

Staying Safe Outdoors

- Wear a hat, gloves, scarf, and a warm coat when going outside.
- Choose non slip footwear to reduce the risk of falls on icy sidewalks.
- Take your time when walking; use handrails and cleared paths whenever possible.
- Avoid staying outside for long periods during extremely cold or windy weather.

Protecting Your Health

- Know the signs of hypothermia—shivering, confusion, slowed speech—and seek help immediately if they appear.
- Many chronic conditions, such as diabetes or thyroid issues, can make it harder to stay warm.
- Stay connected with family, neighbors, or your local Aging office so someone can check in during severe weather.

Preparing Your Home

- Make warm clothing and blankets easy to reach before the coldest days arrive.
- Ensure walkways are salted or sanded to prevent slips.
- Keep extra food, medications, and essentials on hand in case travel becomes difficult.

A Final Encouragement

Winter can still be a season of comfort and connection. With a little preparation and awareness, older adults can stay warm, safe, and confident throughout the colder months.

OLDER ADULTS' UNIQUE NUTRITION NEEDS

Simple adjustments can go a long way toward building a healthier eating pattern. Follow these tips to get the most out of foods and beverages while meeting your nutrient needs and reducing the risk of disease:

- Enjoy a variety of foods from each food group to help reduce the risk of developing diseases such as high blood pressure, diabetes, and heart disease. Choose foods with little to no added sugar, saturated fats, and sodium.

- To get enough protein throughout the day and maintain muscle, try adding seafood, dairy, or fortified soy products along with beans, peas, and lentils to your meals. Learn more about protein and other important nutrients.

- Add sliced or chopped fruits and vegetables to meals and snacks. Look for pre-cut varieties if slicing and chopping are a challenge for you.

- Try foods fortified with vitamin B12, such as some cereals, or talk to your doctor about taking a B12 supplement. Learn more about key vitamins and minerals.

- Reduce sodium intake by seasoning foods with herbs and citrus such as lemon juice.

- Drink plenty of water throughout the day to help stay hydrated and aid in the digestion of food and absorption of nutrients. Avoid sugary drinks.

USDA Food Patterns

Eating habits can change as we grow older. The USDA has developed Food



Patterns to help people understand different ways they can eat healthy. The food patterns include:

- **Healthy U.S.-Style Eating Pattern:**

This is based on the types of foods Americans typically consume. The main types of food in this eating pattern include a variety of vegetables, fruits, whole grains, fat-free or low-fat dairy, seafood, poultry, and meat, as well as eggs, nuts, seeds, and soy products. Check out this sample menu to get started.

- **Healthy Mediterranean-Style Eating Pattern:** This one contains more fruits and seafood and less dairy than the Healthy U.S.-Style Eating Pattern.

- **Healthy Vegetarian Eating Pattern:** This pattern contains no meat, poultry, or seafood, but does contain fat-free or low-fat dairy. Compared with the Healthy U.S.-Style Eating Pattern, it contains more soy products, eggs, beans and peas, nuts and seeds, and whole grains.

AVAILABLE ASSISTANCE FOR HELP WITH HEATING SOURCES.

-PCAP-helps residential customers maintain electric service and eliminate their past-due balance. For more information contact Dollar Energy Fund (DEF) and how to apply 1-888-282-6816.

-LIHEAP- can help you keep your home warm and safe during the coldest seasons from Dec. 3rd 2025-April 10th, 2026. Apply online at www.compass.dhs.pa.gov/home/#/ LIHEAP Crisis Hotline-1-866-857-7095.

-UGI financial assistance programs-Customer Assistance Program (CAP) and Operation Share Energy Fund. For more assistance call 1-800-276-2722.

ADDITIONAL INFORMATION

Tax preparation for tax year 2025.

Call LCAAA - 717-273-9262. Leave a message with your name and phone number for a call back to schedule your time.

Inclement Weather Closing Information-Check CH 8, WLBR.



MYERSTOWN SENIOR COMMUNITY CENTER

101 S. Railroad St, Suite 217

Myerstown, PA 17067

© 717-675-9546

Myerstown.SeniorCenter@lebanoncountypa.gov



NEWSLETTER FEBRUARY 2026

Myerstown Senior Center is located at 101 S. Railroad St within the Myerstown Borough Hall on the 2nd floor and is open to all Lebanon County seniors 60 years of age and over.

We offer both on and off-site activities such as

day trips, social events, exercise programs, consumer education, bingo and daily meals offered 5 days a week. Meal reservations need to be made by 11:00 AM on the previous business day. Suggested donation for meals is \$4.50. No membership fee to join us. We are open

COMMUNITY PHONE NUMBERS

weekdays from 10:00 AM to 2:00 PM.

Lebanon County Area Agency on Aging:
717-273-9262

Social Security Office: 1-800-772-1213

PACE-PACENET: 1-800-225-7223

Rent Rebate Office: 1-888-728-2937

Medicare: 1-800-633-4227

Anti-Fraud Hotline: 1-855-303-9470

ANNOUNCEMENT

- **Tax preparation for tax year 2025 -**
Call LCAAA Office 717-273-9262. Leave a message with your name and phone number for more information until further notice.
- **Inclement weather closing information-**
Check CH 8, WLBR, or call center for recorded information.

SPECIAL PROGRAM INFORMATION

- **Hapy February Luncheon at Brickerville***
Wednesday, 2/4 @ 12:00 PM (Sign up by 1/28) Limited seats.
- **Planning Meeting**
Thursday, 2/5 @ 1:00 PM
- **Chair Yoga for Seniors (DVD)**
Mondays 1:00 – 1:30 PM
- **Chair Tai-Chi Fit for Seniors (DVD)**
Wednesday 1:00 – 1:30 PM
- **Pizza & Valentine Social***
Tuesday, 2/10 @ 12:00 PM. Sign up & \$5 by 2/3.
- **Soup & Sandwich Special Meal***
Thursday, 2/19 @ 12:00 PM

Menu: Chilli, Broccoli Cheddar Soup, Turkey Club Sandwich, Coleslaw, Cherry Crumb Pie, Milk. \$4.50 Suggested donation per meal.

- **“Romance Scam” presented by Kate Kleinert**
Tuesday, 2/24 @ 10:30 AM

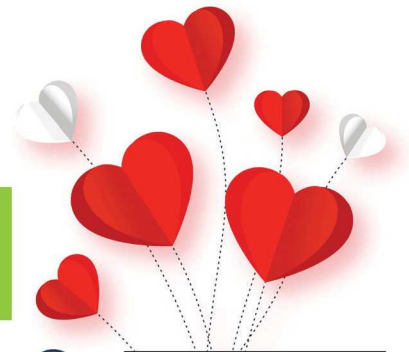
UPCOMING EVENTS

- 3/4 - Happy March Luncheon at Quentin Haus
- 3/17 – Hot Dog & St. Patrick's Day Social
- 3/31 – “Avoiding Fraudulent Scam” presentation

*Program w/cost & reservation required
**All information subject to change

Happy Valentine's Day!

*Tai Chi for Arthritis instructor **NEEDED** for LCAA Senior Centers. **If you're interested, call 717-273-9262***



PROGRAM CALENDAR






MYERSTOWN



FEBRUARY 2026

LEBANON COUNTY SENIOR COMMUNITY CENTER PROGRAM

Manager: Anne Kim 101 S. Railroad St, Myerstown, PA 17067 (717) 675-9546 myerstown.seniorcenter@lebanoncountypa.gov

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| 2 10:00 Calendar/Nutrition Ed Flyer Distribution 10:15-11:15 Coupon Clipping for Troops 10:30-11:30 Line Dancing 12:00-12:30 Lunch 1:00-1:30 Chair Yoga (DVD) | 3 8:00 Indoor Walking & Breakfast 10:30-12:30 Pickleball 10:30-12:00 Games 12:00-12:30 Lunch 1:00-2:00 Bible Study | 4 10:00 Nutrition Ed Flyer Distribution 10:30-11:00 Stretch Resistance Exercise 12:00 New Year's Luncheon at Brickerville* (sign up by 1/28) | 5 10:30-2:00 Pickleball 10:30-11:30 Chair Exercise 12:00-12:30 Lunch 1:00-2:00 Planning Meeting | 6 10:30-11:30 collect for Events & Trips 10:30-11:45 Bingo* 12:00-12:30 Lunch |
| 9 10:15-11:15 Coupon Clipping for Troops 10:30-11:30 Line Dancing 12:00-12:30 Lunch 1:00-1:30 Chair Yoga (DVD) | 10 8:00 Indoor Walking & Breakfast 10:30-12:30 Pickleball 10:30-12:00 Game 12:00-1:00 Pizza & Valentine Social*  | 11 10:30-11:00 Stretch Resistance Exercise 12:00 Lunch 1:00-1:30 Chair Tai-Chi (DVD) | 12 10:30-2:00 Pickleball 10:30-11:30 Chair Exercise 12:00-12:30 Lunch | 13 10:30-11:30 Collect for Events & Trips 10:00-2:00 Pinochle* 10:30-11:45 Bingo* 12:00-12:30 Lunch |
| 16 Center Closed  | 17 8:00 Indoor Walking & Breakfast 10:30-12:30 Pickleball 10:30-12:00 Games 12:00-12:30 Lunch 1:00-2:00 Bible Study | 18 10:30-11:00 Stretch Resistance Exercise 12:00 Lunch 1:00-1:30 Chair Tai-Chi (DVD) | 19 10:30-2:00 Pickleball 10:30-11:30 Chair Exercise 12:00-12:30 Soup & Sandwich Special Meal* (Order by 2/12) | 20 10:30-11:30 Collect for Events & Trips 10:30-11:45 Bingo* 12:00-12:30 Lunch |
| 23 10:15-11:15 Coupon Clipping for Troops 10:30-11:30 Line Dancing 12:00-12:30 Lunch 1:00-1:30 Chair Yoga (DVD) | 24 8:00 Indoor Walking & Breakfast 10:30-12:30 Pickleball 10:30-12:00 "Romance Scam" presented by Kate Kleinert | 25 10:00-10:30 Stretch Resistance Exercise 10:30-12:00 Own Craft Club 12:00 Lunch 1:00-1:30 Chair Tai-Chi (DVD) | 26 10:30-2:00 Pickleball 10:30-11:30 Chair Exercise 12:00-12:30 Lunch | 27 10:30-11:30 Collect for Events & Trips 10:30-11:45 Quarter Bingo* 12:00-12:30 Lunch |
| Inclement Weather Closing Information - CH 8: Lebanon County Area Agency on Aging/Senior Center/MOW - WLBR - Call Center @ 717-675-9546 | 2/19 Special Meal Menu Chilli Broccoli Cheddar Turkey Club Sandwich Coleslaw Cherry Crumb Pie Milk |  | Upcoming Events 3/4 - Happy March Luncheon at Quentin Haus 3/17 – Hot Dog & St. Patrick's Day Social 3/31 – "Avoiding Fraudulent Scam" presentation | Lunch is available Mon-Fri. Orders need to be placed by 10:30 AM on the previous business day. Suggested donation per meal is \$4.50 |

*Program w/ cost & reservation required

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