



March 2021

Eastern Upper Bucks Senior Center

8040 Easton Road PO Box 545 Ottsville, Pennsylvania 18942

Phone: 610-847-8178 Fax: 610-847-2036

Normal Hours: Mon.-Thurs. 10-3 Visit us on Facebook

E-mail: eubseniors@epix.net Website: easternupperbucksseniorcenter.com



Even though the senior center is still temporarily closed due to the covid pandemic, we are offering the following services. Call the senior center to sign up. In the event of a cancellation, you will receive an email (or phone call if you don't have an email address). **It is very important that you follow the sign up guidelines listed below.**

Frozen Meals on Mondays Bucks County Area Agency on Aging is offering a 5 pack of frozen meals weekly.

The procedure for **contactless** pick up is: drive up to the front of the senior center at your assigned time, stay in your vehicle, leave your windows up, wear a mask, open your trunk or passenger side back door. The food will be put in your trunk or back seat. For everyone's health and safety, no one is allowed to enter the senior center. A voluntary, anonymous contribution of \$10 (\$2x5meals) is requested. If you choose to make this contribution, please put the money in an envelope marked "Frozen Meals" and leave it in your trunk or backseat. We will take the money and send it to Bucks County Area Agency on Aging. **SIGN UP IS REQUIRED EACH WEEK BEFORE NOON ON WEDNESDAY FOR THE FOLLOWING MONDAY.**

Frozen Meats on Thursdays Bucks County Opportunity Council is offering frozen Applegate meats at no charge to seniors in need. The procedure for **contactless** pick up is: drive up to the front of the senior center at your assigned time, stay in your vehicle, leave your windows up, wear a mask, open your trunk or passenger side back door. The food will be put in your trunk or back seat. For everyone's health and safety, no one is allowed to enter the senior center. **SIGN UP IS REQUIRED.** **YOUR NAME WILL REMAIN ON THE LIST UNLESS YOU TELL US OTHERWISE.**

Website: *We have a brand new website!* Please take a few minutes to check it out and refer to it for updated information. The address is www.easternupperbucksseniorcenter.com You can also visit us on facebook.

Email Please consider sharing your email address with us. Simply email the senior center at eubseniors@epix.net and leave your name and email.

Newsletter In an effort to keep our costs down, we will **mail only this first newsletter.** Future newsletters (every other month) will be available in a box outside of the senior center to pick up. Newsletters will also be posted on our website.

Taxes Unfortunately, due to Covid-19 restrictions, the senior center is not able to host AARP tax counselors this year. Tax Assistance is available by appointment only through Bucks County Opportunity Council at their locations. Call for an appointment 215-345-8175 ext 209.

Virtual Classes We are now offering the following virtual classes. Registration is required. Call the senior center to register. You will receive an invitation from the teacher of the class. The teachers are all very willing to assist you with connecting to their classes. If you have a computer, laptop, tablet, smartphone you will be able to see and hear the class. If you have a dial up phone or flip phone, you can call in and listen to the class. Our rent grant requires us to offer virtual programming until we are able to reopen, so by taking a class, you are also helping the future of the senior center.

Zoom Chair Yoga Tuesdays 9-10am. Cost is \$3. Teacher is Margy Breiner.

Zoom Tai Chi Wednesdays 10:30-11:30am Cost is \$3. Teacher is Lisa Raezer. (Starting Soon)

Einstein Nutrition “A Better Start—Just Say Yes” ZOOM nutrition classes beginning Thursday, March 25th at 10:30. Every 4th Thursday of the month. Please call the senior center to sign up. You will receive a phone call from Kisha at Einstein explaining the log in procedure. No charge for this class.

Zoom Art Class Call the senior center for details

Walk with Ease 6 week Zoom class through Bucks County Area Agency on Aging. Call the senior center to register.

Senior Games Bucks County Area Agency on Aging is planning to host **outside only** Senior Games this year. The dates are June 7-14th. More information will follow.

Fresh Connect by BCOC bcoc.org or 215-345-8175 Mobile Farmer’s Market **every Thursday at 11 am** at the intersection of 611 & 412 Ottsville. Fresh produce at no cost for those in need, rain/shine except severe weather (temperatures below 32°, heat advisories, excessive heat warnings, heavy rain or snow, and thunder and lightning storms.) Call 215-345-8175 for weather related closures. Registration on site, limit one per household, please bring your own bags.

LILHEAP/Low Income Home Energy Assistance Program

If you need help paying your heating bills, or have a heating emergency, LIHEAP may be able to help you. This program helps low income families pay their heating bills. LIHEAP is a grant. You do not have to repay it. To receive help, apply between November 1, 2020 and April 10, 2021. Detailed information including income limits and applications are now available at the senior center. An application can be mailed to you.

We miss seeing all of you and hope that the senior center will be open soon. In the meantime, please keep in touch and take advantage of the services we are providing so that we are able to open our doors once again. Stay healthy and safe!

Board Members:

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Cindy Wiley, Secretary
Marion Wolf, Treasurer
Terry Keogh, Assistant Treasurer
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Terry & Jim Keogh -
Trip Coordinators
E-mail: eubseniors@epix.net

Eastern Upper Bucks Senior Center is funded, in part, under a contract with the Pennsylvania Department of Aging and The County of Bucks

Nockamixon Township applies for a yearly grant on our behalf that is approved by Bucks County and HUD (Housing and Urban Development). Please consider joining the center to help meet the increasing grant demands for our much needed community senior center. Thanks!

Please tell your friends and family 55+ to join our senior center. Dues are \$15 per year. (July 1st to June 30th)



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James P. Donahue, Grandfather*

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Bucks County Area Agency on Aging
55 East Court Street, 3rd Floor, Doylestown, PA 18901
267-880-5700

The broad goal of the agency is to develop and provide comprehensive services to help persons aged 60+ maintain independence in their homes and communities.

Bucks County Area Agency on Aging offers more than 20 programs to help older adults and their families and is an advocate for all older persons in Bucks County.

They also directly provide information and referral, outreach, assessment and care management, as well as a county-wide volunteer program.

Additional services and projects are by agreement or contract with other community agencies.

A brochure is available at Eastern Upper Bucks Senior Center with more details.

Would you like to Volunteer?

Bucks County Area Agency on Aging continues to offer volunteer opportunities. Your help is needed to deliver meals, tutor or mentor in school based programs, Lunch Bunch Program, Literacy/ESL Programs, Benefits Assistance Program, My Life My Health, Project MEDS, Helping Seniors Age in Place, and Apprise Insurance counselors. For more information about these and other volunteer opportunities, please contact the Volunteer Coordinator at 267-880-5725.

Apprise Program

The **Apprise Program** wants to make sure you and your loved ones who have Medicare know about the Extra Help and Medicare Savings Programs.

Extra Help can help lower your prescription co-payments and premiums and cover the cost of the coverage gap (“donut hole”)

Medicare Savings Program can help you with the payment of your Part B premium and possibly with the payment of your Medicare Part A and Part B cost sharing.

There is **NO COST** for the APPRISE Program’s help or for enrollment into these programs. Income guidelines do apply.

Contact Janine Slabicki at the Bucks County Area Agency on Aging at 267-880-5700.

Senior Boxes Available Monthly at the Lord’s Pantry
at St. John the Baptist Church in Ottsville 610-847-2402

Requirements:

- 1) Must live in Bucks County
- 2) Must be at least 60 years old
- 3) Must meet income requirements which are:

Family size	Annual	Monthly	Weekly
1	\$15,444	\$1,287	\$292
2	\$20,826	\$1,736	\$401
3	\$26,208	\$2,184	\$504
4	\$31,590	\$2,633	\$608

Packages include: 4 packages **vegetables**, 1 meat, 2 cereals, cheese, 2 packages fruit, 1 non-meat protein, 1 carbohydrate, 2 bottles juice instant & evaporated milk.

Usually the 3rd Friday of the month, but call the Lord’s Pantry to confirm.

Lord’s Pantry Hours

Mondays 2-5, Tuesdays 9:30-11:30, Thursdays 9:30-1:30

A bin for food donations for the Lord's Pantry is at the Senior center.

Got Drugs?

Bucks County Medication Disposal

Free and anonymous. Permanent medication collection boxes are now available at the locations below to help reduce the growing statistics of people abusing prescription pain relievers who get them from friends or relatives. Please contact them directly for collection hours, rules, & regulations.

Bucks County Court House: 215-348-6000

Plumstead Township Police Department: 215-766-8741

Springfield Township: 610-346-6700

Quakertown Borough Police Dept: 215-536-5002