

# Senior Centers Begin A Tablet Lending Program For Their Clients

By Becky Bartlett

EASTON - Lamont McClure and Area Agency on Aging (AAA) announce a new program to loan tablets to clients in good standing at the county's Senior Centers. Participating Senior Center clients will be able to take a tablet out for a ninety day loan so they can participate in Health and Wellness programs via Zoom. The tablets are equipped with a hot spot so clients are not required to have their own wireless access to use them. The 180 Samsung Galaxy S5E Tablets were paid for with funding from the CARES Act under the Broadband Development program.



“Pandemic restrictions have been hard on everyone, especially our older residents,” says Lamont McClure. “This lending program will help seniors who don’t have their own access to technology participate in educational and health programs as well as socialize with their peers.”

AAA is offering the following free programming to Northampton County Residents, age 60 and over on a virtual format.

**Chronic Disease Self-Management Program** -- Subjects covered include dealing with frustration, fatigue, pain and isolation, using medication appropriately, nutrition and other important topics. Classes will be held weekly on Wednesdays from 12:30PM-3:00PM, February 3rd – March 10th. To register, call Joan Schafer at 610-829-3201

**Diabetes Self-Management Program** -- These classes will cover dealing with the symptoms of diabetes, fatigue, pain, stress, healthy eating and appropriate use of medication. Classes will be held on Wednesdays from 9:30AM – Noon from February 3rd – March 17th. To register, call Stacy Walsh at 610-759-8255

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