

Area Agency On Aging Employees Will Take Calls On Friday Mornings To Assist Seniors With Vaccine Appointments

By Becky Bartlett


EASTON - Lamont McClure and the Area Agency on Aging Division (AAA) will begin operating a call line on Friday mornings to help Northampton County Seniors make appointments for COVID-19 vaccinations. This service is intended for those who lack computer or internet access. AAA staff members will make 100 appointments per clinic date. Vaccination clinics will be held at the Wind Creek Event Center at 77 Wind Creek Blvd. Bethlehem, PA.

The program will begin on Friday, March 12, 2021 at 8:00AM. Residents of Bethlehem City and Northampton County who are age sixty-five and older can call 610-865-7092 to schedule an appointment for a vaccination. AAA employees will also assist with registration at the Wind Creek clinics.

"We understand the frustration of some of our older folks who don't have the access or the computer skills to make appointments online," says Lamont McClure. "Area Agency on Aging is making this service available so every Northampton County senior who wants a vaccine is able to get an appointment."

If individuals have questions about the COVID-19 vaccine clinic or their appointment, they can call the Bethlehem Health Bureau at 610-865-7083.

Senior residents of Northampton County who are registered with LANTA's Share Ride for Seniors Program, can receive a free door-to-door trip to and from their COVID-19 vaccine appointments. Approximately 8,800 seniors in Northampton County already use the Share Ride for Seniors Program. Anyone who would like to register may do so by calling 1-888-253-8333, Monday through Sunday from 8:00AM - 4:30PM.



ENROLL NOW!


FUSIA DANCE CENTER
Lead. Create. Inspire

Join FuSia Dance Center in their 8th season of dancing! FuSia's positive learning environment and nurturing staff provide dance education to both recreational & pre-professional students! With over 100 classes to chose from including acro, ballet, creative dance, contemporary, dance basics, hip hop, jazz, jumps & turns, modern, mommy & me, and tap, there is truly something for everyone!

New families can bring this flyer for \$15 off your first month's tuition!

2123 WEST MAIN STREET, STROUDSBURG, PA
570-421-7895 ~ INFO@FUSIADANCE.ORG
WWW.FUSIADANCE.ORG



Hike Healthy: Avoiding COVID-19 infection on the Appalachian Trail



COVID-19 (commonly referred to as "Coronavirus") is a highly contagious respiratory virus that has been diagnosed in the majority of the states along the Appalachian Trail (A.T.). Initial symptoms of COVID-19 appear between 2-14 days after exposure to the virus and include fever, cough, and shortness of breath. However, some may experience more severe symptoms, including difficulty breathing, persistent pain or pressure in the chest, confusion or inability to arouse, and bluish lips or face. Those who experience any of these symptoms should seek immediate medical attention.

In order to minimize your risks of contracting COVID-19, the Appalachian Trail Conservancy recommends that all hikers follow the guidelines below, which are based on recommendations by the Centers for Disease Control and Prevention (CDC) and the World Health Organization.

- **Wash your hands** frequently with biodegradable soap at least 200 feet from water sources. When soap is not available, use hand sanitizer that contains 60-95% alcohol.
- **Avoid sharing food.** Do not eat out of the same food bag, share utensils or drink from other hikers' water bottles.
- **Avoid touching your eyes, nose and mouth.**
- **Cover your mouth when coughing or sneezing.** Use a tissue and dispose of it using Leave No Trace Principles
- **Keep some distance** between you and other hikers whenever possible, especially if anyone shows signs of being sick. Avoid shaking hands or other close contact — instead, elbow bumps or waving are safer ways to greet others.
- **Avoid congregating in groups** along the Trail.
- If you are an older adult or have serious chronic medical conditions like heart disease, diabetes or lung disease, you are at a higher risk of serious complications from COVID-19 disease. Hike and camp away from others to minimize the likelihood of infection.
- If you begin feeling sick, **stay away from others and get off the Trail** until examined and cleared for return to the Trail by a medical professional.
- If you are diagnosed with COVID-19 while on the A.T., please submit a report to the ATC with as much detail as possible using the form at <https://appalachiantrail.org/report-covid-19>.

For more information about COVID-19 and prevention tips, please visit cdc.gov/covid19.

For additional information on how the COVID-19 outbreak is affecting Appalachian Trail facilities and ATC visitor centers, please visit appalachiantrail.org/updates.

KEEP YOUR THERAPY APPOINTMENT!


PHYSICAL THERAPY
AT StLuke's

Call your therapist today or visit stlukespt.com.

Most insurances are covering virtual therapy.

COMPUTER
NETWORKING &
REPAIR

MICROSOFT WINDOWS 10 UPGRADE

"OVER 25 YEARS OF EXPERIENCE"
James Albanese

HOME - BUSINESS - GOV'T - EDUCATION
NON-PROFIT - SENIOR CITIZEN
SALES * SERVICE * SUPPORT



INFORMATION TECHNOLOGY SPECIALIST

- * Microsoft Windows 7 Support/ Updates ENDS January 14th, 2020**
- * Upgrade your existing Windows 7 or 8 Computer For UNDER \$200**

Call to Schedule your Windows 10 Upgrade Today!

WINDOWS COMPUTER SALES, SETUP, INSTALLATION, DATA TRANSFER & TRAINING

www.compnr.com/service@compnr.com

368 Blue Valley Drive Bangor **610-588-8700**