

1-877-334-8942

LVAIP

Lehigh Valley Aging in Place

Resource Guide *2012*



www.lvaginginplace.org
Programs and Services for Older Adults

LEHIGH VALLEY AGING IN PLACE

The desire to Age in Place, to remain in one's own home for as long as possible, is a personal goal consistently articulated by older Americans. Here you will find professionals from the public and private sector who can help plan and implement a strategy to help you or a family member age in place with dignity.

Our Mission Statement:

The mission of the Lehigh Valley Aging in Place (LVAIP) is to provide an ongoing forum for professionals from private, public, non-profit and business sectors to inform, educate and help older adults age in place. We provide information and solutions to older adults and their families to be proactive in planning their future needs.

DISCLAIMER

The inclusion of membership listing in this Resource Guide should not imply any guarantee or warranty of services by Lehigh Valley Aging in Place (LVAIP) for services provided by listed member, LVAIP shall be held harmless and is not responsible for any actions taken by listed members. We encourage consumers to interview and ask for client referrals and/or personal references before commencing services.

Officers 2011-12

President: Donna Buhosky, Bayada Home Health Care
Vice-President: Kim Schaffer, Bayada Home Health Care
Treasurer: Deb Keretz, MetLife East Penn Financial
Secretary: Lynn Houghton, Seniors Helping Seniors

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Andrea Hemphill, Express Business Center
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Michelle Udicious, St. Luke's Home Health & Hospice
Gail Weiner Shearer, Attorney-at-Law
Keri Young, Meals On Wheels, Northampton County

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Ambassador: Anita Tish, Re/Max Unlimited Real Estate
Jennifer Ebert, Atria Senior Living

Annual Event: Donna Buhosky, Bayada Home Health Care
Anita Tish, Re/Max Unlimited Real Estate

Budget: Debbie Keretz, MetLife, East Penn Financial Group

By-Laws: Andrea Hemphill, Express Business Center
Gail Weiner Shearer, Attorney-at-Law

Community Education: Todd Campbell, Maxim Healthcare Services
Frank DeRosa, Med Alert Services

Fundraising: Jennifer Ebert, Atria Senior Living
Keri Young, Meals On Wheels, Northampton County

Membership: Lynn Marie Houghton, Seniors Helping Seniors

Mixers: Kim Schaffer, Bayada Home Health Care
Frank DeRosa, Med Alert Services

Newsletter: Andrea Hemphill, Express Business Center
Todd Campbell, Maxim Healthcare Services

Nominating: Michelle Udicious, St. Lukes Home Health & Hospice

Publicity/Mktg/Web: Keri Young, Meals On Wheels, Northampton County

Resource Guide: Debbie Keretz, MetLife, East Penn Financial Group

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COMMUNITY SERVICES

Lehigh County Office of Aging and Adult Services

17 S. 7th Street • Allentown, PA 18101-2400

(610) 782-3096

www.lehighcounty.org/Human/hs.cfm

Advocating for residents and providing a wide range of services and information to help adults to be well informed.

Lehigh County Senior Center

Rick Daugherty

1633 Elm Street • Allentown, PA 18102

(610) 437-3700 FAX (610) 437-6252

www.lehighseniors.org

Activities range from indoor golf, an orchestra, art classes, cards, lunch, yoga, Tai Chi, aerobics, dances and much more.

Lehigh County Veterans Affairs

17 S. 7th Street • Allentown, PA 18101

(610) 782-3848 FAX (610) 820-2026

thomasdye@lehighcounty.org **www.lehighcounty.org**

To serve, counsel and assist the veterans and families to obtain any benefit or advantage under the law, as a consequence of honorable service to our nation.

COMMUNITY SERVICES cont.

Northampton County Area Agency on Aging

John R. Mehler

Governor Wolf Bldg. • Easton, PA 18042-3699

(610) 559-3270

www.northamptoncounty.org

Plans and coordinates the provision of services to older adults (age 60 and over) in Northampton County. Programs and services designed to enhance the independence and dignity of older adults and to provide protection as necessary.

United Way – Lehigh Valley Alliance on Aging

2200 Avenue A, 3rd Floor • Bethlehem, PA 18017-2189

(610) 807-5730

www.lvagingmatters.org

Advancing community strategies designed to ensure that comprehensive long-term care and supportive services meet the existing and emerging needs of all older adults in our community.

Meals On Wheels of Lehigh County

Pam Bechtel

3146 Dorney Park Road • Allentown, PA 18104

(610) 398-2563

www.mealsonwheelslc.org

Meals On Wheels of Northampton County

Joann Nenow, Executive Director

4240 Fritch Drive • Bethlehem, PA 18020

(610) 691-1030

kerig@mealsonwheelspa.org

www.mealsonwheelspa.org

LVAIP MEMBER SERVICES

(member services listed alphabetically)

GERIATRIC REFERRAL SERVICES

A Place For Mom

Mary Chavez

(866) 302-8844

marychavez@aplaceformom.com **www.aplaceformom.com**

A Place for Mom is the nation's largest eldercare referral service provided free to families. As an eldercare advisor, I provide comprehensive resources about senior housing plus eldercare options which may include Assisted Living, Alzheimer care, and Home Care. I serve the Lehigh Valley plus across the nation...

ASSISTED LIVING

Abington Manor

David Seng

215 Cedar Park Boulevard • Easton, PA 18042

(610) 828-0100 FAX (610) 828-0166

david@TheAbingtonManor.com **www.AbingtonManor.com**

Abington Manor is an Independent and Assisted Living community for seniors. We offer a wide range of care services covering all the Activities of Daily Living as well as medication management, health and wellness checks and regular observation throughout the day. Our residents enjoy having chef prepared meals, complete housekeeping, an in-house beauty shop, dollar store and Therapy Center and multiple daily activities.

MEDICAL EQUIPMENT

Access Ability, Inc.

Bill Votral

151 West Fourth Street • Bethlehem, PA 18015

(610) 867-8000 FAX (610) 867-4800

bill.votral@YourAccessAbility.com

www.YourAccessAbility.com

Stairway lifts, wheelchair lifts, elevators, patient lifts, barrier-free design and Construction Management (Sales, Installation, Service & Rentals) – A full service company.

Advanced Foot Care, P.C.

Jennifer Gross-Edwards

940 North New Street • Bethlehem, PA 18018

(484) 895-3777

www.advancedfootcarepc.com

Treatment of foot and ankle conditions for all ages. Treatment includes diabetic/geriatric foot care, nail and skin disorders, corns and calluses. Treatment options for neuropathy and foot pain.

REVERSE MORTGAGES

AFC Reverse Mortgage, Inc.

John L. Krajsa, Jr.- President

5930 Hamilton Boulevard, Suite 1A • Wescosville, PA 18106

(610) 437-7230 FAX (610) 437-7232

jkrajsa@afcreversemortgage.com

www.afcreversemortgage.com

Serving area residents with FHA insured Home Equity Conversion Mortgage (HECM) loans since 2004. Call us almost anytime and speak to a person, not a recording. You work with the same people from initial meeting through closing, and we attend the closing. We are members of the National Reverse Mortgage Lenders Association (NRMLA). Providing FHA insured reverse mortgages to senior homeowners is our only business.

EMERGENCY RESPONSE

American Red Cross Lifeline

Laura Sheehan

2200 Avenue A • Bethlehem, PA 18017

(610) 861-5105 FAX (610) 865-5871

sheehanl@usa.redcross.org **www.redcrosslv.org**

Lifeline, the #1 medical alert service trusted and recommended by thousands of hospitals and over 65,000 healthcare professionals is provided by the American Red Cross. Individuals have fast access to assistance either by pressing their help button or via the auto alert button which detects the fall and automatically places the call for help. Auto alert is the only medical alert service with this capability in a pendant style help button. A medication dispensing service is also available that dispenses medications at the correct time with the correct dosage. This enables individuals to be compliant with their medication regime, retain their independence and enable caregivers to be notified of a missed dose.

Arden Courts Memory Care

Karen Francis

5151 Hamilton Boulevard • Allentown, PA 18106

(610) 366-9010 FAX (610) 366-9641

366mktg@hcr-manorcare.com **www.arden-courts.com**

Arden Courts was created exclusively for persons living with Alzheimer's disease and related dementias. We are able to concentrate on the programs and life skills that best meet our residents' special needs-promoting their independence and individuality, their health and well-being. Arden Courts is not just a place to live, it's a place to call home.

INSURANCE AND FINANCIAL/PLANNING

ATA Senior Planning, LLC

Miriam Zettlemyer

1044 Third Street • Whitehall, PA 18052

(610) 433-9009 FAX (610) 433-0498

atasp@atafinancial.com

Long term care costs are rising. We want to help plan for your future long term care costs by taking a comprehensive look at your current situation to help you maintain control of your assets. Our team will evaluate, design and plan for the rising costs of long term care. Asset Protection, Estate Planning, Medicaid Planning and Awareness, Retirement Living, Medicare. Relieve the burden on loved ones and secure your ultimate plan. Call us for your free initial consultation.

ASSISTED LIVING

Atria Senior Living of Bethlehem

Jennifer Ebert

1745 West Macada Road • Bethlehem, PA 18017

(610) 317-0700 FAX (610) 317-0500

Jenniferebert@AtriaSeniorLiving.com

www.atriabethlehem.com

Atria Bethlehem understands the importance of seniors maintaining a healthy balance between independent living and safety. When older people come to Atria, they step out of isolation into a vibrant assisted living community of peers and caregivers. Atria Bethlehem breeds independent living while enabling seniors to revel in retirement living - with the peace of mind that caregivers are always there to lend a hand. We are located moments away from shopping, restaurants, doctors, hospitals and conveniently near Route 22 while having a country-like atmosphere.

Bath Max

Bonnie Phinney

211 E. Broad Street • Quakertown, PA 18951

(215) 538-2400 FAX (215) 538-2448 CELL (215) 872-8358

bathmax211@gmail.com **www.bathmaxpa.com**

We proudly offer independence and dignity for everyone's bathing experience by providing safety and improved quality of life for Senior Citizens and those with limited mobility. We supply and expertly install walk-in bathtubs, tub to shower conversions, mobility and roll-in showers.

HOME HEALTH CARE SERVICES/HOME HEALTH AIDES

Bayada Home Health Care

Donna Buhosky

3900 Hamilton Blvd., Suite 101 • Allentown, PA 18103

(610) 774-2200 FAX (610) 774-3400

dbuhosky@bayada.com **www.bayada.com**

Helping seniors live in their homes independently and safely for over 35 years. We provide compassionate, skilled, trained, screened and insured personal care aides, home health aides and nurses. Our caregivers are available whenever assistance is needed; we can help with as little as 2 hours a day up to 24 hours a day. We also have medication management and live-in services.

HOME HEALTH SERVICES/NURSING

Bayada Home Health Care

Kimberly Schaffer

95 Highland Avenue, Suite 170 • Bethlehem, PA 18017

(610) 317-2118 FAX (610) 317-2654 CELL (484) 894-9855

kschaffer@bayada.com **www.bayada.com**

Bayada Nurses RNs and LPNs provide nursing, rehabilitative, therapeutic, and personal home health care services in the comfort of your own home. Whether managing chronic conditions or aiding recovery through post-surgical care, our multidisciplinary team of health professionals works with the client's physician to develop an individualized plan of care. Our therapeutic services are conducted by certified professionals, occupational therapists, physical therapists, speech therapists, and qualified social workers. With the strong belief that the client comes first, Bayada Nurses has been providing home care with compassion, excellence and reliability for over 36 years.

Better Nutrition

Nelly Kabiru

6846 Hunt Drive • Macungie, PA 18062

(484) 347-8100 FAX (610) 910-3955 CELL (484) 347-8100

mise32@hotmail.com **www.Wealthpace.com**

Dietary organic supplements and multi-nutrient vitamins boost results and cover nutritional gaps that you don't get from your diet alone. A diet rich in phytonutrients can lead to optimal health.

NURSING & REHABILITATION

Blough Healthcare Center, LLC

James Sheeran

316 E. Market Street • Bethlehem, PA 18018

(610) 868-4982 FAX (610) 867-7723 CELL (610) 844-7269

jsheeran@brookmonthhealthcare.com **www.bloughhealthcare.com**

Providing over 55 years of quality skilled nursing care and excellent rehabilitation to residents of the Lehigh Valley. Locally owned and operated, we are a smaller facility offering personalized attention with high staffing standards.

ELDER LAW/LEGAL

Law Offices of Nancy K. Busch, P.C.

825 North 19th Street • Allentown, PA 18104

(610) 432-3337 (800) 316-6943 FAX (610) 432-6191

nkbusch@yahoo.com **www.lehighvalleyelderlaw.com**

Specializing in legal assistance for the elderly and their families, including: elder law and protection of assets, assessing nursing home funding options, determining Veteran benefits for home care or assisted living, estate planning, wills, trusts and powers of attorney.

Care Alternatives Hospice

Christina Price

501 Office Center Dr., Suite 285 • Fort Washington, PA 19034
(215) 542-2100 FAX (215) 542-2103 CELL (908) 447-5445
 christina.price@carealt.com **www.carealt.com**

At Care Alternatives, we believe that Hospice is for the Life we Live, and that Life should be lived – from its beginning to its end – fully and with great dignity. Our holistic approach to Hospice incorporates three very distinct perspectives: Mind, Body and Spirit. We integrate Aromatherapy, Massage, Reiki and Pet Therapy to enhance the Hospice experience. Our professional staff understands that each person is unique and will create a customized care plan for your loved one.

GERIATRIC CARE MANAGEMENT

Caring Solutions for Seniors and Families, a service of APRN

Pat Nemetch

2474 S. Church Street • Allentown, PA 18103
(610) 791-3003 FAX (610)791-4045
 pat@go4aprn.com **www.go4aprn.com**

Seniors and their families in eastern PA seek our expertise and assistance with care management, crisis intervention, advocacy, placement, education, coordination of services, assessment, consultation, guardianship and power of attorney. For 20 years, thousands of seniors and their families have depended on us, and we continue to offer access to our services when you need us the most – 24 hours a day.

Carrigan's Country Pharmacy, Inc.

David C. Althouse

P.O. Box 1285, State Rt. 903 • Albrightsville, PA 18210

(570) 722-8861 FAX (570) 722-8911 CELL (866) 678-4856

DavidCAIthouse@gmail.com **www.CarrigansPharmacy.com**

Carrigan's is a retail, compounding and medication management pharmacy. We serve the individual-independent walk-in client as well as those residing in Assisted Living and Long Term Care Communities. We deliver all of the benefits of a national pharmacy provider, while maintaining the personal and more flexible approach of a smaller "local" pharmacy with the ability to customize a program to meet specific client needs. Our combination of retail, compounding & packaging make us a one stop choice for your family or community healthcare needs. We give honest answers from knowledgeable staff.

TRANSPORTATION/EMT

Cetronia Ambulance Corps.

Caitlin Osmun

7355 William Ave., Suite 700 • Allentown, PA 18106

(610) 530-5511 CELL (610) 751-1495

osmunc@cetronia.org **www.cetronia.org**

Cetronia Ambulance Corps is the regional leader in emergency medical services, medical transportation and community health recourses. Cetronia has proudly served the residents of the Greater Lehigh Valley and its surrounding areas with skilled care and quick response since 1955. Cetronia Ambulance Corps provides non-emergency medical transportation services including wheelchair, ambulette and medi-car to hospitals, nursing homes, and doctor's office throughout the counties of Lehigh, Northampton, Berks, Bucks, Carbon & Monroe. Cetronia Ambulance is the only nationally accredited ambulance service in Eastern PA and is the largest non-profit provider in the Commonwealth of Pennsylvania.

Computer Troubleshooters – East Penn

Don Christman

Lehigh Valley, PA

(610) 965-6101 FAX (484) 664-2873

dchristman@comptroub.com **www.ctsep.com**

We provide a full range of on-site computer services, targeted towards small business and home office users.

HOSPICE

Diakon Hospice Saint John

Bob Gutmann

798 Hausman Road, Suite 170 • Allentown, PA 18104

(610) 391-2300 FAX (610) 391-2301 CELL (610) 914-5379

gutmannr@diakon.org **www.diakon.org/hospice**

We celebrate life and offer compassionate care designed to enhance the quality of life for terminally-ill patients. Entering the final season of life, hospice patients can remain at home or their place of care, peacefully surrounded by family and friends.

MEDICATION MANAGEMENT SERVICES

Direct Link/Home Helpers

Lauren Batalka

617 Main Street, Suite A • Hellertown, PA 18055

(610) 838-7494 FAX (215) 933-6999 CELL (610) 930-8068

LBatalka@LehighValleyHomeHelpers.com

www.lehighvalleyhomehelpers.com

Direct Link's automated medication dispenser is a simple, affordable and reliable solution to managing multiple medications. The unit utilizes user-friendly technology to dispense multiple medications at preset times. Direct Link also offers a personal emergency response unit for added peace of mind, 24/7.

Sue Durdock,

Reverse Mortgage Consultant

1707 Briarwood Drive • Bethlehem, PA 18020

(610) 462-6645 FAX (855) 264-5639 CELL (610) 462-6645

Sdurdock@gmail.com

Sue Durdock, Reverse Mortgage, Consultant NMLS ID 485922

A Reverse Mortgage can be the key to living a more comfortable life with less worry. You can count on me to be your trusted partner in the Reverse Mortgage process.

NURSING & REHABILITATION

Easton Nursing Center

Chante Butz

498 Washington Street • Easton, PA 18042

(610) 258-2985 FAX (610) 258-5860 CELL (484) 542-0298

enc_marketing@pennmed.com **www.pennmed.com**

Easton Nursing Center is part of the Pennmed "family" of homes providing skilled nursing care, short-term rehabilitation, long-term care and dementia/Alzheimer's care in a warm, homelike environment since 1983. Our staff is dedicated to providing the highest quality of care, service and personal attention while promoting comfort, safety and independence.

GERIATRIC CARE MANAGEMENT

Eldercare Assessment & Resources, A Community Services Group Program

Lisa Schwartz

3897 Adler Place, Bldg. C, Suite 130 • Bethlehem, PA 18017

(484) 895-3720 FAX (484) 895-3723

eldercare@csgeldercare.org **www.csgeldercare.org**

Caring, Professional Assessments to help determine if an elder can stay at home safely, is a nursing home or assisted living facility best, what resources are available, and ongoing care management provided, Services are Private Pay; Office consultations available.

EMStar Emergency Medical Services

Kim Sharif

614 N. Graham Street • Allentown, PA 18109

(877) 827-4911 FAX (800) 385-1919 CELL (973) 930-5657

ksharif@focushomecare.org **www.em-star.net**

Dedicated and experienced management team. 24-Hour administrators on-call. Advance Life Support. Para-transit/Mobility Assistance. Specialty Care Transport Unit.

ALL INCLUSIVE ELDERLY CARE

Everyday LIFE

Amy Angelo

2045 Westgate Drive, Suite 100 • Bethlehem, PA 18017

(484) 895-4302 FAX: (484) 895-4392

aangelo@everydaylifecenters.org

www.everydaylifecenters.org

Everyday LIFE (Living Independence for Elders) is a nationally recognized program of All-inclusive care for the Elderly. This unique program provides comprehensive medical, health and social services that enable members to remain living in the community as long as possible. The Center provides one location where the member can go to receive preventive and restorative healthcare, meals, recreation and monitoring.

PRINTING SERVICES

Express Business Center (EBC)

Andrea Hemphill

6900 Hamilton Blvd., PO Box G486 • Trexlertown, PA 18037

(610) 366-1970 FAX (610) 366-0543

andrea@ebclv.com **www.ebclv.com**

Commercial Printing: Design, Print, Finish, Mail, Wide-format Blueprinting and Lamination. Business Services: Notary Services, Shipping, Passport Photos, Mailboxes, High Speed Copies.

Fellowship Community

Rosalind Haglund

3010 Fellowship Drive • Whitehall, PA 18052

(610) 769-4301 FAX (610)769-4370

www.fellowshipcommunity.com

Fellowship Community is a continuing care retirement community which offers independent living townhomes, personal care living with a specialized Dementia Unit and a Joint Commission Accredited skilled nursing facility with short term rehabilitation.

SETTLEMENT AND NOTARY SERVICES

First United Land Transfer

Victor Cimerol

3722 Lehigh Street, Suite 406 • Whitehall, PA 18052

(610) 433-0432 FAX (610) 433-0499 CELL (610) 442-5299

vcimerol@firstunitednow.com **www.firstunitednow.com**

First United Land Transfer provides title insurance for reverse and conventional mortgages. Unlike most title companies, our only fee is the title premium - that means the lowest price possible. We will conduct the settlement at the borrower's location with no extra charge. Notary service to seniors at no charge.

PODIATRIC

Foot Solutions

Stephanie & John Garrity

3601 Nazareth Road • Easton, PA 18045

(610) 438-8267 FAX (610)438-8294

www.footsolutions.com

Foot solutions is the Lehigh Valley's preferred provider of high quality footwear, diabetic shoes and inserts, custom arch supports and orthotics. We are educating the Lehigh Valley one foot at a time.

Grab Bar Pros

Bruce Montgomery

540 Pine Top Drive • Bethlehem, PA 18017

(610) 393-6395 FAX (610) 868-5546 CELL (610) 393-6395

grabbarpros@ptd.net www.grabbarpros.com

Grab Bars custom installed safely & economically for the individual to ensure security. We are owned by a registered nurse with years of experience in home care who previously was a contractor for 20+ years. Married to an Occupational Therapist, also in home care, Bruce feels he is the perfect blend of knowledge and experience to put grab bars where you need them most. ADA compliant, home care nursing experience, OT knowledge and construction background. Grab Bars Pros - Safety Within Your Reach.

ELDER LAW/LEGAL

Grim, Biehn & Thatcher

Dianne C. Magee

104 South Sixth Street, P.O. Box 215 • Perkasie, PA 18944

(215) 257-6811 FAX (215) 257-7764

dmagee@grimlaw.com www.grimlaw.com

Practice areas: Estate Planning, Elderlaw, Medical Assistance Planning, Estate Administration, Guardianship.

INSURANCE AND FINANCIAL/PLANNING

Hampson Maurer Kreitz

Insurance Agency

Daria "Dee" Ward, CPCU, ARM

54 S. Commerce Way, Suite 150 • Bethlehem, PA 18017-8619

(610) 868-8507 FAX (610) 868-7604 CELL (484) 866-3527

dward@hmk-ins.com www.hmk-ins.com

HMK Insurance Agency specializes in providing commercial and personal insurance protection at a reasonable cost. We offer a broad selection of insurance products and risk management tools coupled with exceptional customer service to protect the needs and reputation of our clients operating in the Greater Lehigh Valley region.

Home Instead Senior Care – Lehigh County

Marisa Leaser

3722 Lehigh Street, Suite 408 • Whitehall, PA 18052

(610) 770-7773 FAX (610) 770-7760

marisa.leaser@homeinstead.com **www.homeinsteadLV.com**

Since 1997, Home Instead Senior Care's mission has been caring for Lehigh Valley Seniors while helping them maintain a home based lifestyle. To you, it's about finding a trusted solution. To us, it's personal.

Home Instead Senior Care – Northampton County

Suzanne Boline RN

224 Nazareth Pike, Suite 22A • Bethlehem, PA 18020

(610) 759-7333 FAX (610) 759-7341

lonny.boline@homeinstead.com **www.homeinstead.com/730**

World's trusted source of non-medical care for seniors. To you it's about finding trust-worthy care for your aging loved one. To us, it's about providing the highest quality in home care services to fit your family's needs. Our caregivers are trained and supervised by a Registered Nurse.

Interim Healthcare

Colleen Kelly

7310 Tilghman Street, Suite 400 • Allentown, PA 18106

(610) 434-7277 FAX (610)434-6974

ckelly@interimhealthcare.com **www.InterimHealthcare.com**

Founded in 1966, Interim has more than 45 years of home care experience. We understand how important it is for someone to remain in his or her home. Whether it is recovering from an injury or illness, or assistance with daily living activities, Interim can provide the care and assistance you require. We have Registered Nurses: RN/LPN, Therapists, Home Health Aides/CNA who are available to provide a variety of services from skilled care to private duty. When it matters most count on us.

Keller William Real Estate

Tom & Christine Roth, Realtor

40 S. Cedar Crest Boulevard • Allentown, PA 18104

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dsumma@presbyterianseniorliving.org

www.wmvallestown.org

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The logo for Lehigh Valley Aging in Place (LVAIP) is contained within a red-bordered box. It features the acronym "LVAIP" in a large, bold, blue serif font. Below the acronym, the full name "Lehigh Valley Aging in Place" is written in a smaller, white, sans-serif font.

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