

SENIOR SERVICES RESOURCE GUIDE

WELLNESS
HEALTHY
EXERCISE
ACTIVE
FIT
SPORT
LIFE
RELAXED
CARE
ACTIVE
SENIOR
HEALTH

WELLNESS
LIVING
FIT
SPORT
ACTIVITY
NUTRITION
THERAPY

LIFE
FIT
CARE
SPORT
LEISURE
HAPPINESS
CARE
ACTIVE
EXERCISE
ACTIVITY
FITNESS
CARE
CULTURE
ENERGY
HAPPINESS



FREQUENTLY CALLED NUMBERS



St. Mary Medical Center
1201 Langhorne-Newtown Rd
Langhorne, PA 19047
Main Number

215.710.2000

Central Scheduling – Routine Testing appointments

215.710.2208

Outpatient Lab – NO APPOINTMENT REQUIRED FOR ROUTINE BLOOD TESTS.

Lab blood collection is available:

Mon. to Thurs. 7 a.m. to 6 p.m.

Fri. 7 a.m. to 4 p.m.

Sat. 7 a.m. to 12 p.m.

St. Mary LIFE

267.991.7600

Home Care

267.569.0760

Medical Records

215.710.2084

Outpatient Therapies

215.710.2223

Pain Management

215.710.PAIN

Physician Referral

1.844.7 ST MARY

St. Clare Retail Pharmacy – Medical Office Bldg., Main Floor

215.710.7427

Hours: Mon. to Fri. 7:30 a.m. to 5:30 p.m.

St. Mary Imaging

215.710.2208

St. Mary Rehabilitation Hospital

267.560.1100

Wound Healing

215.710.4325 (HEAL)

CONTACT



NICHE (Nurses Improving Care for Healthsystem Elders) at St Mary Medical Center

St Mary Medical Center, as a NICHE hospital, achieving Exemplar status in 2014, is dedicated to making the hospital stay as safe and positive as possible for older adults. St Mary Medical Center provides patient-centered care for older adults through evidence-based, interdisciplinary approaches that promote better outcomes, positive experiences, and improved care for the older adults.

Disclaimer:

The Senior Services Resource Guide is not an attempt to provide specific medical advice and should not be used as a substitute for the advice of your personal physician or other qualified health care provider. Information available through the this guide is not a substitute for appropriate and timely contact with your physician. St. Mary Medical Center does not endorse any of the agencies included in this guide.

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Adult Daycare in Bucks County, PA

Elder Care Locator - Eldercare Locator is a public service of the U.S. Administration on Aging connecting you to services for older adults and their families. **1.800.677.1116** www.eldercare.gov

Chandler Hall Health Service

99 Barclay St. | Newtown, PA | **215.860.4000**

Chandler Hall's Day Program provides an environment for participants to enjoy socialization & recreation while certain health needs are accommodated. A full lunch and nutritious snacks are provided. Local transportation can be arranged for a reasonable fee. Clients participate up to 5 days/week, Monday to Friday.

- Socialization opportunities with peers
- Complete nutritious lunchtime meal
- Participation in local community events
- Appropriate exercise routines
- Lifestyle activities
- Spiritual support
- Variety of outings & trips

Senior Care Centers of America

Senior Care of Bristol

2403 East Farragut Ave. | Bristol, PA | **215.788.2408**

Senior Care of Warminster

720 Johnsville Blvd., Building 13 | Suite 1300 | Warminster, PA | **215.343.6250**

Active Day/Senior Care of Senior Care Centers of America, offers a wide range of services, including adult day health services, outpatient therapy, in-home care, transportation and additional services designed to meet the emotional, intellectual, physical and medical needs of our members. Clients participate up to 6 days/week, Monday to Saturday.

- Adult Day Health Services
- Medication Administration
- Nutritious Meals and Snacks
- Physical Therapy
- Occupational Therapy
- Social Services
- Therapeutic Recreational Activities
- Outings
- Pet Therapy
- Podiatry Services



What is an Advance Healthcare Directive?

It is a healthcare power of attorney, living will, or written combination of a healthcare power of attorney and living will. It is a document that states your choices about medical treatment or names someone to make decisions about your medical treatment if you are unable to make these decisions yourself.

What is a healthcare power of attorney?

It is a document in which you designate an individual to make healthcare decisions for you. This person is called your healthcare agent.

What is a living will?

It is a document that expresses your wishes and instructions for healthcare when you are incompetent and have an end-stage medical condition or are permanently unconscious.

To whom should I give my Advance Healthcare Directive?

You should give a copy to your doctor(s), hospital, nursing home, hospice, or any other healthcare provider. You should also provide your healthcare agent (if you have named one), family, friends, or other trusted loved ones with a copy.

Whom can I select to be my healthcare agent?

You can appoint almost any adult to be your agent. You should select a person knowledgeable about your wishes, values, religious beliefs, in whom you have trust and confidence, and who knows how you feel about your healthcare. You should discuss your wishes with the person(s) you have chosen and make sure that they understand and agree to accept the responsibility.

The only people who cannot be appointed as your healthcare agent are: 1) your attending physician or other healthcare provider unless he/she is related to you by blood, marriage, or adoption; and 2) an owner, operator, or employee of a healthcare facility in which you are receiving care unless he/she is related to you by blood, marriage, or adoption.

ADVANCE DIRECTIVES



For more information about Advance Healthcare Directives, living wills, or healthcare agents, contact:

Bucks County Area Agency on Aging
215.348.0510

Pennsylvania Department of Aging
717.783.1924

SUPPORT



What is Alzheimer's Disease?

- The most common form of dementia.
- A progressive disease beginning with mild memory loss possibly leading to loss of the ability to carry on a conversation and respond to the environment.
- Involves parts of the brain that control thought, memory, and language.
- Can seriously affect a person's ability to carry out daily activities.

How do I know if it's Alzheimer's disease?

Alzheimer's disease is not a normal part of aging.

Memory problems are typically one of the first warning signs of cognitive loss.

According to the National Institute on Aging, in addition to memory problems, someone with Alzheimer's disease may experience one or more of the following signs:

- Gets lost.
- Has trouble handling money and paying bills.
- Repeats questions.
- Takes longer to complete normal daily tasks.
- Displays poor judgment.
- Loses things or misplacing them in odd places.
- Displays mood and personality changes.

If you or someone you know has several or even most of the signs listed above, it does not mean that you or they have Alzheimer's disease. It is important to consult a health care provider when you or someone you know has concerns about memory loss, thinking skills, or behavioral changes. **To locate a physician with extensive knowledge of Alzheimer's, other types of dementia and other memory disorders please call St. Mary Physician Referral at 1.844.7 ST MARY.**

- **The Alzheimer's Association 24/7 Helpline provides reliable information and support to all those who need assistance. Call us toll-free anytime day or night at 1.800.272.3900.** Help in a caller's preferred language using our translation service that features more than 200 languages and dialects.



The 24/7 Helpline serves people with memory loss, caregivers, health care professionals and the public and can help with:

- Understanding memory loss, dementia and Alzheimer's
- Medications and other treatment options
- General information about aging and brain health
- Skills to provide quality care and to find the best care from professionals
- Legal, financial and living-arrangement decisions
- Confidential care consultation provided by master's level clinicians who can help with decision-making support, crisis assistance and education on issues families face every day
- Referrals to local community programs, services and ongoing support

ANNUAL WELLNESS VISIT FOR ORIGINAL MEDICARE BENEFICIARIES



What is an Annual Wellness Visit?

The Annual Wellness Visit is a free service* that focuses on health promotion and disease prevention for Original Medicare beneficiaries. This appointment provides you with the opportunity to partner with your care provider in order to create your own personalized prevention plan that will help you stay healthy and get the most out of your visit.

Who is Eligible?

The Annual Wellness Visit is offered to all Original Medicare beneficiaries who have had Medicare Part B for longer than 12 months. Once created, your personalized prevention plan can be updated every 12 months. (Original Medicare is coverage managed by the federal government).

What is included in the Annual Wellness Visit?

Your provider will ask you to fill out a questionnaire, called a Health Risk Assessment. Answering these questions can help you and your provider develop a personalized prevention plan. This visit also includes:

- Review of your medical and family history
- Review of current providers and prescriptions
- Height, weight, blood pressure, and other routine measurements
- Detection of any cognitive (memory) impairment
- Personalized health advice
- Assessment of risk factors and treatment options for you
- Screening schedule (like a checklist) for appropriate preventive services
- Advance Care Planning Discussion

What is your cost?

You pay nothing* for the Annual “Wellness” visit if your doctor or other qualified health care provider accepts assignment.

*If your health care provider performs additional tests or services during the same visit that aren’t covered under these preventive benefits, you may have to pay coinsurance, and the Part B deductible may apply.

How do you schedule?

Please contact your primary care provider to schedule your Annual Wellness Visit. If you need help finding a doctor, please visit the St. Mary Medical Center Website: www.stmaryhealthcare.org/physician-directory or contact St. Mary Physician Referral at **1.844.7 ST MARY**

ASSISTED LIVING/PERSONAL CARE FACILITIES



Assisted Living/Personal Care Facilities in Bucks County, PA

Elder Care Locator - Eldercare Locator is a public service of the U.S. Administration on Aging connecting you to services for older adults and their families. **1.800.677.1116** | **www.eldercare.gov**

Bensalem, PA (1)

Sierra Oaks of Bensalem | 6400 Hulmeville Rd | **215.752.9140**

Bristol, PA (1)

Legacy Gardens of Bristol | 2202 Bath Rd | **215.781.8700**

Doylestown, PA (2)

Heritage Towers | 200 Veterans Lane | **267.895.1146**

Pine Run Lakeview | 2425 Lower State Rd | **215.489.7117**

Feasterville, PA (1)

Symphony Manor* | 1730 Buck Rd | **215.809.3712**

*Only licensed Assisted Living Facility in Bucks County, PA

Hatboro, PA (1)

Arden Courts of Warminster | 779 West County Line Rd | **215.957.5182**

Holland, PA (1)

Twining Village | 1400 Old Jordan Rd | **215.322.6100**

Langhorne, PA (1)

The Brunswick at Attleboro | 310 East Winchester Ave | **215.752.0730**

Levittown, PA (1)

Woodbourne Place | 2619 Trenton Rd | **215.943.6611**

ASSISTED LIVING/PERSONAL CARE FACILITIES



Newtown, PA (4)

The Birches at Newtown | 70 Durham Rd | 215.497.7400

Chandler Hall | 99 Barclay St | 215.860.4000

Friends Home and Village | 50 S. Congress St | 215.968.3346

Pickering Manor | 226 N. Lincoln Ave | 215.968.3878

Richboro, PA (1)

Brookdale Northampton | 65 Richboro-Newtown Rd | 215.357.6565

Warminster, PA (1)

Christ's Home | 1 Shepherd's Way | 215.956.2270

Warrington, PA (1)

The Solana Doylestown | 1621 Easton Rd | 267.282.4168

Yardley, PA (4)

Arden Courts of Yardley | 493 Stony Hill Rd | 215.321.6166

Holy Redeemer D Youville Manor | 1750 Quarry Rd | 215.579.1750

Spring Village at Floral Vale | 600 Township Line Rd | 215.497.3003

Sunrise Senior Living of Lower Makefield | 631 Stony Hill Rd | 215.321.8200

What is the difference between a nursing home and a personal care home?

Nursing homes are licensed medical facilities that are inspected and licensed by the PA Department of Health. There is third party reimbursement (Medicare and Medicaid) for those who qualify based on income.

Personal care homes are residential facilities that offer personal care services, assistance and supervision to four or more persons. They are inspected and licensed by the PA Department of Human Services. Sometimes they are advertised as “assisted living residences,” “retirement homes” or “boarding homes.” There is no third party reimbursement for personal care homes, but many personal care homes accept residents of low income who receive Supplemental Security Income (SSI).

ASSISTED LIVING/PERSONAL CARE FACILITIES



PA Department of Human Services - Personal Care Homes

How do I know it is time to begin looking for personal care services?

Individuals often seek personal care services if they become uncomfortable with living alone due to the possibilities of falling, getting sick, safety issues, forgetting to take medications, loneliness, poor nutrition or the difficulty of taking care of household responsibilities and family members are not be able to provide assistance. Help may be through either in-home support services, or through a facility-based option, such as a personal care home.

How do I know what services the personal care home is supposed to provide for the residents?

Contact the personal care home and ask to see a description of services. Some of the services offered at a typical personal care home include assistance with:

- Eating/drinking
- Bathing/personal hygiene
- Arranging for and managing health care
- Doing laundry

Ask to see a copy of the standard resident-home contract that will include the fee for each service offered by the home.

What activity programs are available at a personal care home?

Activities at personal care homes are developed to meet the needs of each resident. Some activities are conducted in groups to provide opportunities to socialize with others, while others are individual activities for each resident. Most activities usually occur on the grounds of the home, although some facilities are able to offer trips to interesting places in the community. Activities available are dependent upon which personal care home you choose.



ASSISTED LIVING/PERSONAL CARE FACILITIES



Do personal care homes have to hire professional staff, like doctors and nurses?

Personal care homes are not medical facilities and they do not have to hire nurses or other medical staff. Personal care homes are required to hire staff who meet basic education requirements. Personal care homes must provide initial and ongoing training for staff.

Must I give all my money and possessions in order to be cared for at a personal care home?

No. You should only be asked to pay for the care and services you receive. Whatever monies and possessions you have in addition to that remains yours.

Do Supplemental Security Income (SSI) residents get the same services as private pay residents?

Yes. SSI residents are entitled to the same care and services as private pay residents receive.

What if I am independent, but my spouse needs to be in assisted living?

There are a number of couples living in personal care homes who do not share the same health needs. Some homes can make accommodations for the couple; while others cannot. This depends on the personal care home you choose.



Benefits

BDT provides support for a wide variety of benefits designed to provide financial stability for eligible seniors and families. Telephonic assistance with all phases of the application process. **PA Benefits Center Helpline is 1.800.528.9594**

- **SNAP (Food Stamps)** – Supplemental Nutrition Assistance Program
- **Li-Heap (Low-income Home Energy Assistance Program)** at Pennsylvania Department of Public Welfare, Bucks County Assistance Office. Provides funding to eligible renters and homeowners to assist with the costs of supplying fuel, as well as crisis grants for emergencies like broken furnaces, leaking pipes or energy-supply shortages.
- **Low Income Subsidy for Medicare Part D (also called Extra Help)** – Assistance with prescription drug coverage
- **Medical Assistance (Medicaid)**
- **MSP (Medicare Savings Program)** – Medicare premium assistance
- **PACE/PACENET** - Pennsylvania's prescription assistance programs for qualified adults age 65 and older
- **Property Tax/Rent Rebate Program** – Pennsylvania residents age 65 and older; widows and widowers age 50 and older



PA Waiver Program

The Pa. Department of Human Services oversees Medical Assistance/Medicaid waivers. This program provides funding for support services to assist individuals in remaining in their home and community. Each waiver program offers different services and has specific criteria for eligibility. In Pa. the following are waiver programs that are currently offered:

Aging Waiver - Individuals over the age of 60 years and are still residing in their home and community.

COMMCARE Waiver - Is for individuals who are 21 years and older and have suffered a traumatic brain injury and are eligible for MA waiver programs.

Consolidated Waiver for Individuals with Intellectual Disabilities - Provides services are eligible persons with intellectual disabilities so that they can remain in the community.

Independence Waiver - Provides services to individuals between the ages of 18-60 who have a physical disability.

LIFE (Living Independence for the Elderly) - Manages care program for frail, elderly recipients who have been determined to need “nursing facility level of care” but wish to remain in their home and community as long as possible.

OBRA Waiver - Provides services for individuals who have a developmental disability.

Person/Family Directed Support Waiver - Assists individuals who have an intellectual disability, autism, or developmental disabilities to live more independently in their home and community. For more information about the waiver programs and for information on eligibility, contact the Independence Enrollment Broker through Phone Assistance: **1.877.550.4227**, Email Communication: paieb@maximus.com, Written Communication: Maximus P.O. Box 61077, Harrisburg, PA 17106



Our Lady of Grace Catholic Church

225 Bellevue Ave. | Penn del, PA 19047

Our Lady of Grace provides a bereavement support group for those who are grieving the death of a loved one. The group meets in the Fall and Spring (around Thanksgiving/Christmas and Easter) for six week sessions focusing on the stages of grief. Three trained, compassionate parishioners facilitate the group. If interested, please contact the Parish Office at 215.757.7700 for more information.

St. Ephrem Catholic Church

5400 Hulmeville Road | Bensalem, PA 19020

DUE TO COVID-19, OUR BEREAVEMENT SUPPORT GROUP WILL NOT BE GATHERING UNTIL FURTHER NOTICE. IF YOU ARE IN NEED OF SUPPORT AND WISH TO MEET PRIVATELY, PLEASE CALL SISTER MARY JANE AT THE MARIAN PARISH CENTER: 215-639-4332

St. Andrew Catholic Church at Olde Church

135 S. Sycamore St. | Newtown, PA 18940 | Mondays 7:00pm-8:30pm

Join Dr. Francine Barbetta and team members for bereavement support with discussion on grieving the loss of a loved one, types and phases of grief. Our goals are to provide a safe, spiritual place to grieve and recover. Please contact Mai Pham, mpham@stapn.org, 215.968.2262 ext. 29 or Peg DePol, peg_depol@verizon.net, 215.674.4022 for more information and any revised dates if necessary.

St. Vincent de Paul Church

654 Hatboro Road | Richboro, PA 18954

Contact Barbara Arnold at 215.396.9929

St. John the Evangelist Roman Catholic Church

752 Big Oak Road | #4728 | Morrisville, PA 19067

The Seton Society is a grief support group for everyone. For more information for individual or group support, please call Tom Brunner, 215.734.3031. (All discussions are confidential)

St. Frances Cabrini Catholic Church

325 South Oxford Valley Road | Fairless Hills, PA 19030

The Bereavement ministry is a very important part of pastoral care at St. Frances Cabrini Parish. The goal of this group is to provide a prayerful and safe environment where participants can express their feelings about their loss in the company of others who have lived through similar experiences. This group meets on the Fourth Thursday of the Month. For more information, dates and times, please call 215.946.4040.



St. Bede the Venerable Catholic Church

1071 Holland Road | Holland, PA 18966

A bereavement ministry exists as an outreach to provide comfort and support to fellow parishioners who have experienced the loss of a loved one. The members of the bereavement care team are parishioners who have received training in grief support, and share a willingness to be present with those who are grieving. Team members contact the bereaved soon after the loss, and remain in contact to be of help throughout the first year of bereavement. Coordinator - Lynn O'Brien, RN 215.504.4718

Our Lady of Mount Carmel Catholic Church

235 East State Street | Doylestown, PA 18901

This has been a very difficult time for many of our congregation. If you need someone to talk with about a recent loss please call the ministry office and leave a message and we will reach out to you as quickly as we can. 267.576.7428. You are in our thoughts and prayers.

Assumption B.V.M Catholic Church

1900 Meadowbrook Road | Feasterville, PA 19053

The Bereavement Groups supports parishioners and others who are grieving a death. Names are received through the rectory or mentioned to a facilitator of a bereavement support group.

Bereavement support groups are held twice a year in the Spring and Fall. Each runs for eight weeks on Monday evenings from 7:00 to 8:30 PM in the Rectory Meeting Room. Check the Parish Bulletin in March for the start of the Spring dates and September for the start of the Fall dates.

Each meeting begins with new grief topics giving the bereaved an opportunity to speak about his/her loss. Various topics are presented by the facilitators in a safe, confidential setting. Some of the topics include "Crazy Is Normal", "Understanding the Stages of Grief", and "How to Handle the Holidays".

The support group is peer ministry not therapy, where five or more participants gather to learn about the grieving process and how to cope with their losses. The "miracle of the support group" unfolds as the members bond through sharing their stories within the level of their individual comfort. Members are encouraged to contact one another and the facilitators are available to take a call should the need arise. Bereavement Care notes is provided by the group in the back of the church.

The facilitator strengths are compassion, understanding and support for those grieving, and years of experience as facilitators for support groups

For more information contact one of the facilitators listed below:

Barbara Wutzer, 215.355.8897 or email barbnjohnw@gmail.com.

Rosemary Blanche, 215.499.3411, email, Goldenrose31@msn.com.



Nativity of Our Lord Catholic Parish

605 West Street Road | Warminster, PA 18974

The Nativity Grief Support Group meets in the school Multi-Media Center on Tuesdays from 6:30 to 8:00 p.m. Any adult who has suffered a loss is welcome. Contact the Parish office at 215.672.7691 for more information.

Church of St. Isidore

2545 West Pumping Station Road | Quakertown, PA 18951

Please contact Debbie Duke at 267.377.6782 for more information.

Saint John Bosco Roman Catholic Church

215 E. County Line Road | Hatboro, PA 19040

Please contact the parish office at 215.672.7280

St. Jude Church and Shrine

321 West Butler Ave. | Chalfont, PA 18914

St. Jude has joined with Mary Mother of the Redeemer (MMR) parish and St. Stanislaus parish to offer a Bereavement Support program for all those suffering from the loss of a loved-one.

Once a month a speaker will give a presentation on a different theme that is important for the grieving and healing process.

For questions regarding Bereavement Support:

Contact Deacon Mike Cushing: 215.356.4137, deaconmikecush@gmail.com

Our Lady of Good Counsel Catholic Church

611 Knowles Ave. | Southampton, PA 18966

Widow/Widower Support Group

Support Group meets on the third Monday of each month at 1:00 PM to 2:30 PM in the Fitzgerald Room of the Trinity Center. Call the parish office at 215.357.1300 for more information.

BUCKS COUNTY AREA AGENCY ON AGING



Bucks County Area Agency on Aging

Main Phone Number: **267.880.5700** | Office hours: Monday-Friday

8:30 AM - 4:30 PM | 24 hr. Protection from Abuse Hotline: **1.800.243.3767**

BCAAA Website and to request to services

<http://www.buckscounty.org/government/humanservices/AAA>

The Bucks County Area Agency on Aging (AAA), is responsible for the planning and implementation of a variety of services and programs to assist older adults and their families. BCAA provides comprehensive services to help adults age 60+ maintain independence in their homes and communities. The AAA offers more than 20 programs covering a wide range of needs. For those who qualify, these services may include:

- In-Home Personal Care and Support Services
- Family Caregiver Support
- Transportation
- Home-Delivered Meals
- Adult Day Care
- Health Insurance Counseling - APPRISE
- Adult Protective Services
- Legal Assistance
- Health Promotion Programs
- Eligibility for the PACE program (pharmaceutical assistance),
- Rent and Property Tax Rebate Program

BUCKS COUNTY AREA AGENCY ON AGING



APPRISE - Insurance Counseling

MAIN PHONE NUMBER: 267.880.5700

Office Hours: Monday-Friday 8:30 a.m. - 4:30 p.m.

APPRISE is a free health insurance counseling program designed to help Pennsylvanians age 60 and over with health insurance concerns. These counselors are specially trained volunteers who can answer your questions about Medicare, provide you with objective, easy-to-understand information about health insurance. APPRISE services are free and all information is kept confidential.

APPRISE Counselors Can Help You:

- Decide if a Medicare HMO is right for you by explaining the way Medicare HMOs work
- Understand your Medicare benefits by explaining what services are covered under Medicare Parts A and B and your Medicare Summary Notice
- Select a Medigap insurance policy by explaining the benefits offered under each plan and by providing you with a list of companies that sell Medigap plans
- Obtain assistance to pay for your prescription drugs by telling you about the government and private programs that offer this service, the eligibility requirements and how to apply;
- Find government programs that will pay your Medicare deductibles, co-payments and part B premiums and assist you in filling out the paper work
- Understand long-term care by explaining which government programs pay for long-term care and the eligibility requirements and private long-term care insurance and how to select the best policy for you.

SERVICES



St. Mary Cancer Center

The St. Mary Cancer Center offers the most advanced technology along with expert knowledge and leading-edge medicine to treat even the most complex cases. A dedicated and highly skilled team of physicians, nurses, and support staff focus on providing comprehensive care that supports you and your family on every level – physical, emotional, spiritual, and psychological.

The Cancer Center at St. Mary is approved by the American College of Surgeons (ACoS) Commission on Cancer and designated as a Community Hospital Comprehensive Cancer Program. With only 25 percent of cancer programs throughout the United States earning this recognition, St. Mary has distinguished itself among the best cancer care centers in the country.

We accept physician-referred as well as self-referred patients. Patients may call 215.710.5300 to schedule a consultation. During the initial consultation, an oncology nurse will update your personal health information and perform an initial assessment. You will then meet with a physician specializing in cancer treatment who will discuss and create an individualized treatment plan for you.

Cancer Screenings - Early Detection Can Save Your Life!

You should always discuss your personal risks for cancer and your need for screenings with your doctor.

CANCER RESOURCES



Select Cancer Screening Tests	How Often? Discuss your personal and family history of cancer with your physician to determine recommended screenings.
Colorectal Cancer Screening	Ages 45-75 Get screened. Several types of tests can be done including stool-based tests, colonoscopy, or CT colonography. Ages 76-85 talk to your doctor on whether you should continue screening. Age 85+ no longer get colorectal screening.
Lung Cancer Screening	Yearly for adults aged 55 to 80 years who have a 30 pack-year smoking history (this means 1 pack a day for 30 years, 2 packs a day for 15 years, etc.) and currently smoke or have quit within the past 15 years.
Breast Cancer Screening	Ages 40-44 Women can choose to do annual mammogram. Ages 45-54 Women should get annual mammogram. Age 55 and older, women can switch to every 2 years, or continue yearly screening. Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.
Cervical Cancer Screening	Every 3 years in women ages 21 to 65 with Pap test every 3 yrs, high-risk HPV test every 5 yrs, or Pap test plus a high-risk HPV test every 5 years. every 3 years or, for women age 30 to 65 years.

Routine Cancer Screening tests noted above are based on the recommendations of the U.S. Preventive Services Task Force, an independent volunteer panel of national experts in prevention and evidence-based medicine. Above guidelines based on average risk. You and your physician can determine your risk and screening frequency.

Your doctor may recommend you get services more often than Medicare covers, or they may recommend services that Medicare doesn't cover. If this happens, you may have to pay some or all of the costs. It's important to ask questions so you understand why your doctor is recommending certain services and whether Medicare will pay for them.

Consult your "Medicare & You" Guide for detailed coverage and other screening tests or visit [Medicare.gov](https://www.Medicare.gov)



St. Mary Breast Center

St. Mary's Breast Center is recognized with the Joint Commission's Gold Seal of Approval for disease-specific certification in breast care.

The St. Mary Breast Center provides expert, compassionate care in a comfortable, warm environment. For many women, regular screenings for breast cancer – especially yearly mammograms – are stressful. The Breast Center eases the concerns about these procedures and provides support and care for women throughout the entire process. Women do benefit from the early detection of breast abnormalities. Early detection and early intervention of breast cancer significantly improves survival.

Located in St. Mary Medical Center's Outpatient Building with easy access from the parking garage, the St. Mary Breast Center has consolidated services to make all aspects of breast health evaluation - medical, educational, psychosocial, and support - available in one convenient location. **Call 215.710.2208 to schedule your Mammogram (prescription required).**

The St. Mary Breast Center offers a full array of services and state-of-the-art technology for early detection, diagnosis, and treatment, including: 3D and Digital Mammography, Automated Whole Breast Ultrasound, Breast MRI, and various biopsy procedures and radiation therapy.

The Breast Health Navigator is an integral part of patient care in the Breast Center and acts to facilitate timely responses to health issues that may arise. Women are accompanied through the entire process of diagnostic testing with advanced digital imaging and follow-up studies such as minimally invasive breast biopsies if they are faced with an abnormal mammogram result.



Colorectal Cancer

Colorectal cancer is cancer that occurs in the colon or rectum. Sometimes it is called colon cancer, for short. The risk of developing colorectal cancer increases with advancing age. **According to the Center for Disease Control (CDC), more than 90% of cases occur in people aged 50 or older.** Other risk factors include having:

- Inflammatory bowel disease.
- A personal or family history of colorectal cancer or colorectal polyps.
- A genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (Lynch syndrome).

Colorectal cancer screening saves lives. Screening can find precancerous polyps—abnormal growths in the colon or rectum—so that they can be removed before turning into cancer. Screening also helps find colorectal cancer at an early stage, when treatment often leads to a cure. About nine out of every 10 people whose colorectal cancer is found early and treated are still alive five years later.

Lung Cancer

Lung cancer is the leading cause of cancer death and the second most diagnosed cancer in both men and women in the United States. Lung cancers usually are grouped into two main types called small cell and non-small cell. These types of lung cancer grow differently and are treated differently. Non-small cell lung cancer is more common than small cell lung cancer.

Cigarette smoking is the number one cause of lung cancer. Lung cancer also can be caused by using other types of tobacco (such as pipes or cigars), breathing secondhand smoke, being exposed to substances such as asbestos or radon at home or work, and having a family history of lung cancer.

The USPSTF recommends annual screening for lung cancer with low-dose computed tomography (LDCT) in adults aged 55 to 80 years who have a 30 pack-year smoking history and currently smoke or have quit within the past 15 years.



Screening should be discontinued once a person has not smoked for 15 years or develops a health problem that substantially limits life expectancy or the ability or willingness to have curative lung surgery.

Which Medicare patients are eligible for lung cancer screening?

Medicare has decided that there is sufficient evidence to cover annual LDCT lung cancer screening coverage among Medicare beneficiaries considered high risk. (See <http://www.cancer.gov/clinicaltrials/noteworthy-trials/nlst>). You will need a prescription from your physician. Lung Cancer Screenings using Low-Dose CT scans to detect Lung Cancer have been covered for Medicare enrollees since February 6, 2015 who meet the criteria below:

- Age 55-77 years
- No current signs or symptoms of lung cancer
- Tobacco smoking history of at least 30 pack-years (pack-years are calculated by multiplying the number of packs smoked per day by number of years smoked)
- Current or former smokers who have quit within the last 15 years

Smoking Cessation Classes

215.710.2264

5 weeks. Smoking cessation classes are offered by the Bucks County Health Improvement Partnership throughout Bucks County.

Look Good Feel Better Live! Virtual Workshops

Women who are being treated for cancer treatments are eligible to be part of this live virtual workshop. Look Good Feel Better Live! Virtual Workshops provide you with live instruction, tips and tricks for dealing with appearance-related side effects of cancer treatment. You will learn specific techniques from a licensed cosmetologist to help you make the most of your appearance while undergoing treatment.

With the help of live, interactive chat made possible with advanced videoconference technology, a virtual licensed beauty professional guides a small group of participants. A makeup package valued at \$300.00 will be provided to you to use during this live workshop.

To register, please call Christine Armetta at 215.710.5328

CARDIAC RESOURCES (HEART & VASCULAR)



St. Mary Heart & Vascular Center

Experience is a prime indicator of a positive outcome, and St. Mary Medical Center has the leading heart program and performs the most cardiovascular procedures in Bucks County. Our team of cardiologists and cardiovascular surgeons from the nation's top medical schools, specially trained nurses and registered technologists provide excellence in heart care for thousands of people every year.

Signs of Heart Attack

What is a Heart Attack (also called an Acute Myocardial Infarction or MI)? A Heart Attack is a complete blockage of blood flow in a coronary artery. The blockage prevents oxygen-rich blood from reaching part of the heart muscle. Usually a blood clot or piece of plaque (fatty deposits called atherosclerosis) causes the blockage in the heart artery. When blood cannot reach this part of the heart muscle, the muscle may become permanently damaged. The faster you get to a hospital for treatment, the less damage to your heart. If you wait too long, the condition can be fatal. More than one million Americans have a Heart Attack every year. Better treatment options and community awareness have decreased mortality rates over the years. Yet, lack of recognition or a disregard for the warning signs of a Heart Attack is still a major cause of death.

What are the warning signs and symptoms of a Heart Attack?

The warning signs and symptoms of a Heart Attack are gender-specific, meaning men and women have very different feelings and experiences when a Heart Attack is occurring. These warning signs are described below:

Men typically experience the following common warning signs of a Heart Attack:

- Moderate to severe chest pain
- Dizziness
- Shortness of breath
- Nausea
- Radiating pain in the arms and chest

CARDIAC RESOURCES (HEART & VASCULAR)



The Chest Pain Center at St. Mary

St. Mary Medical Center is fully accredited as a Chest Pain Center with PCI from the Society of Cardiovascular Patient Care (SCPC). The PCI distinction refers to the ability of St. Mary interventional cardiologists to perform percutaneous coronary interventions (PCI), also known as angioplasty, in cardiac catheterization labs to quickly open blocked arteries and restore blood flow. This door-to-balloon-time life-saving intervention is available 24 hours a day, 7 days a week in the St. Mary Cardiac Catheterization Labs.

The accreditation means that St. Mary has demonstrated a systematic approach to effective patient management that allows physicians to reduce time to treatment during the early stages of a heart attack when treatments are most effective, and to better monitor patients when it is not clear whether or not they are having a heart attack.

Members of our community can have confidence that doctors and nurses at St. Mary follow the highest national standards of care for a suspected heart attack as recommended by the American College of Cardiology and the American Heart Association.

When a patient comes to the St. Mary Emergency Department with symptoms of chest pain, our skilled emergency physicians will perform an immediate assessment of the patient's condition, medical history, and risk factors for having heart disease. Fast-tracked diagnostic testing is performed to confirm that a heart attack is occurring or to exclude that possibility, allowing us to move forward with the most appropriate care in a timely manner.



CARDIAC RESOURCES (HEART & VASCULAR)



Diagnostic Testing

The **St. Mary Cardiology Department** provides comprehensive diagnostic services in a convenient close to home setting. All tests are conducted in a safe, clinical environment and most are done on as outpatient procedures. A complete list of cardiac diagnostic testing services available at St. Mary Heart & Vascular Center can be viewed at www.stmaryhealthcare.org/DiagnosticTests.

Common cardiac diagnostic testing includes:

- Calcium Scoring
- Cardiac Catheterization (also called Cath or Angiogram)
- ECG/EKG
- Echocardiogram
- Peripheral Arterial Disease (PAD) Assessment
- Stress Testing

The Department conducts testing Monday through Friday from 6:30 a.m. through 5:30 p.m. Early-evening appointments are offered on Mondays and Wednesdays to accommodate all patients. **To schedule an appointment (physician referral required), please call: 215.710.2156.**

Cardiac Rehabilitation

St. Mary Medical Center | 1200 Langhorne-Newtown Rd | Langhorne, PA 19047 | Level 1, Outpatient Building | **215.710.2191**

The St. Mary Cardiac Rehabilitation program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation.

Cardiac Rehabilitation is a medically supervised program of physical activity, nutrition counseling, and health education for women and men with heart disease. The goal of Cardiac Rehabilitation is to help patients begin a safe level of exercise, make heart-healthy lifestyle changes, prevent future heart problems, and return to a full, active life. Physician order required.

Designated parking is conveniently located on the first level of the parking garage at the rear of the hospital campus.

CARDIAC RESOURCES (HEART & VASCULAR)



Heart Failure Self-Care Program

St. Mary patient's diagnosed with heart failure: St. Mary Transition Nurse | [215.710.2048](tel:215.710.2048)

St. Mary Medical Center screens all patients upon admission to the hospital for heart failure, a chronic health condition. The heart failure self-care program at St. Mary Medical Center is coordinated by a team of board-certified cardiologists from St. Mary Heart & Vascular Center, certified transition nurses, and registered nurses who specialize in cardiac care. For individuals diagnosed with or identified as being high-risk for heart failure, our self-care program offers support, education, and resources you need to successfully manage your health once you are discharged from the hospital.

National Recognition for High-Quality Patient Care

St. Mary Medical Center has earned the Get With The Guidelines®-Heart Failure Gold Quality Achievement Award from the American Heart Association and is one of a select few U.S. hospitals to earn Advanced Certification in Heart Failure from the Joint Commission. These distinctions mean that St. Mary cares for patients in compliance with the latest national standards for healthcare quality and patient safety.



LVAD Support Group (Left Ventricular Assist Device)

This support group is for patients with advanced heart failure and for those patient who need or have an LVAD. Held the second Tuesday every other month (Jan, Mar, May, Jul, Sept, Nov) 6:30 – 7:30 p.m. St. Mary Medical Center, Medical Staff Conference Room, 1st floor of the Outpatient Building. Contact Debbie Conrad 609.890.6677 Ext. 1652

Lymphedema Therapy

St. Mary Medical Center | 1201 Langhorne–Newtown Road | Langhorne, PA 19047
| Level 2, Outpatient Building | [215.710.2223](tel:215.710.2223)

St. Mary Physical Therapy at Cornerstone | Cornerstone Executive Suites
1 Cornerstone Drive, Suite 400 | Langhorne, PA 19047 | [215.710.2223](tel:215.710.2223)

The outpatient Lymphedema Therapy program at St. Mary Medical Center helps people who are experiencing abnormal swelling of a body part (including but not limited to neck, arm, leg, breast, abdomen) caused by an excessive buildup of lymph fluid. Lower-extremity lymphedema is most commonly caused by chronic venous insufficiency (CVI).

CARDIAC RESOURCES (HEART & VASCULAR)



Once you are diagnosed with lymphedema, we will need a written prescription from your doctor, and, depending on your insurance, pre-authorization to evaluate and treat your symptoms. Every patient's symptoms and response to treatment are different, so the specific course of treatment varies by individual. Generally, you should expect to be treated 3 to 5 times a week for 4 to 8 weeks.

Hours: Mon. to Fri. 8 a.m. – 8 p.m., Sat. 8 a.m. – 12 p.m.

Peripheral Arterial Disease

St. Mary Medical Center | 1201 Langhorne–Newtown Road | Langhorne, PA 19047
Level 2, Outpatient Building | **1.844.7 ST MARY**

If you have chronic pain in your lower legs while walking, or a foot sore that won't heal, you may have early signs of a potentially serious health condition known as peripheral artery disease (PAD). Many people with lower leg pain do not associate it with PAD, which is why it is important to see a qualified medical professional for a proper evaluation. St. Mary Heart & Vascular specialists screen people for PAD using an outpatient screening test known as the ankle-brachial index or ABI. The goal of screening is to find PAD at an early stage to prevent which is important for successful treatment and the prevention of serious and potentially life-threatening health problems. Designated parking is conveniently located on the second level of the parking garage at the rear of the hospital campus. www.StMary-Healthcare.org/PAD. **Referral to a St. Mary cardiovascular specialist call 1.844.7 ST MARY**

Wound Healing Center

For non-healing wounds contact the St. Mary Wound Center 215.710.2223

WomenHeart Support Network

St. Mary Cardio-Pulmonary Rehab Conference Room | first floor Outpatient Building
215.710.4182

WomenHeart Support Networks provide peer-to-peer, patient support for women living with heart disease by another female heart disease patient who has been trained to provide patient support. Support for a woman with heart disease is crucial to her recovery and wellbeing. WomenHeart Support Networks meet monthly and provide education with an emphasis on secondary prevention, as well as psychological and emotional support for female patients as they face their journey living with heart disease.

Held the second Tuesday of every month (except August), 11:00 a.m. – 1:00 p.m.

For more information, or to join, call WomenHeart Support Network Coordinators at 215.710.4182 or at WH-BucksMercer@womenheart.org



Center for Advocacy and the Rights and Interests in the Elderly CARIE LINE (Older Adults)

215.428.0500

Free telephone-based advocacy and one-one-one counseling service regarding issues of concern to older adults. The CARIE LINE provides special assistance to victims of crime and elder abuse.

Contact Helpline (Family Service Association of Bucks County)

**Contact Helpline: 215.355.6000 | National Suicide Prevention Helpline:
1.800.273.TALK**

Free, confidential telephone support, referral and suicide prevention services in partnership with Family Service Association.

Elder Abuse Hotline

1.800.243.3767

Older Adult Protective Services Program for people, over age 60, at risk of serious physical injury or death from neglect and abuse; a care manager is on call 24 hours a day on the HOTLINE. All reports accepted and confidentiality maintained; services offered to individuals in private residences and any group setting; Spanish is spoken, and arrangements for other languages can be made; agency acts as ombudsman for complaints about long-term care of older persons both in nursing homes and community.

Hours: Mon. to Fri. 8:30 a.m. - 4:30 p.m.

Network of Victims Assistance – (NOVA) - Older Adults Bucks County

1.800.675.6900

Elder abuse can occur in many different forms; physical abuse, emotional abuse, neglect or abandonment by caregivers or financial exploitation. Get support and information securely and confidentially. Serving victims of crime in Bucks County, PA

Bucks County Opportunity Council

Emergency services for Bucks County Seniors - Age 60 and older living in Bucks County who experience a basic emergency need: rent, utility, heat and prescription ONE-TIME assistance. Seniors being served will fall at or below 200% of FPG (\$2,010 p/m or \$24,120 p/y for singles.) Call Bucks County Opportunity Council Client Services in Bristol at 215-781-2661 to get information and an application for ONE-TIME assistance.



Donated Dental Services (DDS)

Services

DDS volunteers provide comprehensive treatment to eligible patients. They do not provide emergency services.

Eligibility

Applicants must lack adequate income to pay for dental care and:

- Have a permanent disability, or
- Are elderly: age 65 or older, or
- Qualify as medically fragile

Applications can be found online at www.DentalLifeline.org.

DIABETES SELF-MANAGEMENT CLASSES



St. Mary Diabetes Education Center – Diabetes Self-Management Course

To register or for additional class information call 215.710.5812. Press 1

This course meets National Diabetes Standards for patient training. You will have the chance to discuss your concerns and questions with diabetes experts. This course is taught by Certified Diabetes Educators. The Diabetes Self-Management Course Topics Are:

- Knowing diabetes
- Understanding your blood sugar goals
- Healthy eating
- Medications for diabetes
- Safe exercise tips
- Prevention of complications
- Eating for a healthy heart
- Stress management
- Goal setting
- Developing a support plan

Diabetes Prevention Program

The **YMCA's Diabetes Prevention Program** is a community-based lifestyle improvement program for adults with prediabetes. Participants gather in a relaxed classroom setting and work together in small groups to learn how to incorporate healthier eating and moderate physical activity into their daily lives.

The YMCA's Diabetes Prevention Program is:

- Led by a trained Lifestyle Coach
- A one-year program
- 16 weekly sessions, then 3 bi-weekly sessions, then 6 monthly sessions

Program Qualifications

- At least 18 years old
- Overweight (BMI \geq 25), and
- At risk for developing type 2 diabetes or
- Diagnosed with prediabetes

Program Goals

- Reduce body weight by 7%
- Increase physical activity to 150 minutes per week

For more information please contact the Lower Bucks YMCA at 215.949.3400 or lschwartz@cbfymca.org

DISABILITY



Adaptive Living Solutions - Home Modification for Safety and Quality of Life (Handicap Ramps, Stairlifts & Grab Bars) Serving Lower Bucks County, NE Philadelphia and Eastern Montgomery PA County

Penndel, PA | [215.852.2608](tel:215.852.2608)

Social Security Administration

444 Lincoln Highway | Fairless Hills, PA 19030 | [1.800.772.1213](tel:1.800.772.1213)

Hours: Mon. to Fri. 9 a.m. – 4 p.m.

DRUG AND ALCOHOL

Medicare will help pay for treatment of alcoholism and drug abuse in both inpatient and outpatient settings if:

- You receive services from a Medicare-participating provider or facility;
- Your doctor states that the services are medically necessary; and
- Your doctor sets up your plan of treatment.

Inpatient care:

Medicare Part A helps pay for your care if you are hospitalized for substance abuse treatment. Your out-of-pocket costs are the same as for any other type of hospital stay.

Hospitals that accept Medicare for in-patient Behavioral Health Services in the surrounding area include:

Eagleview Hospital

100 Eagleview Rd | Eagleview, PA | [610.539.7624](tel:610.539.7624)

Dual Diagnosis for Older Adults, but Primary Diagnosis must be Mental Health Disorder.

Valley Forge Medical Center

1003 West Germantown Pike | Norristown PA | [610.539.8500](tel:610.539.8500)

Substance Abuse in general Hospital; Have Latino Track – will consider Geriatric Patients.

SUPPORT



Lower Bucks Hospital (Geriatric Psychiatry Inpatient Unit, not a Detox Center)

501 Bath Rd | Bristol, PA | 267.229.3890

Acute psychiatric symptoms or an exacerbation of a chronic mental illness that is significant enough to cause harmful behaviors to either themselves or others. Also offers treatment for those with co-occurring substance abuse disorders, secondary to psychiatric diagnosis, but is NOT a detox unit.

Outpatient care:

Medicare Part B helps pay for outpatient substance abuse treatment services from a clinic or hospital outpatient department. Medicare will pay 80% of its approved amount for mental health services, including treatment for alcoholism and drug abuse, and you or your supplemental insurance are responsible for the remaining 20%.

Family Service Association - Comprehensive Outpatient Behavioral Health Program

Family Service Association is a Medicare, Medicaid, and Tricare Provider.

To schedule your appointment, call Intake Department **215.757.6916, Ext. 159**

Penndel Mental Health - Transitional Outpatient Program (TOP)

Penndel Mental Health is a Medical Assistance (MA/ Medicaid/ Magellan), and a Medicare Provider.

Outpatient Main Center: **215.752.1541, Ext 1722**

Preventive Screenings Covered by Medicare

Medicare covers a new preventive benefit that offers screening and counseling for people who show signs of alcohol misuse but are not alcohol dependent and do not necessarily show signs of abuse. The costs and coverage above reflect Original Medicare coverage of alcoholism and substance abuse treatment. Know that Medicare Advantage Plans must cover the same services as Original Medicare; however, your plan will likely require you to see an in-network mental health care provider. If you have a Medicare Advantage Plan, contact your plan to see what your copayments are for seeing an in-network mental health provider.

For additional Behavioral Health Resources for Medicare Beneficiaries in Bucks County contact the Behavioral Health Connection at 866.588.0223, Ext. 115 All services are free and confidential.

**Positive Recovery Services - Mobile drug and alcohol prevention services
Call 412.660.7064**

DRUG AND ALCOHOL



Bucks County Medication Disposal Program - Residents can anonymously turn in unused, unneeded or expired medications for safe disposal at permanent drop box locations throughout the county. Please call **215.230.8218 Ext. 3145** to find a location near you.



Bensalem Township Police

2400 Byberry Road
Bensalem, PA 19020
215.633.3600

Bristol Township Police

2501 Bath Road
Bristol, Pa 19007
215.785.4040

Lower Southampton Twp Police

1500 Desire Avenue
Feasterville, PA 19053
215.357.1235

Langhorne Borough Police

114 East Maple Avenue
2nd floor
Langhorne, PA 19047
215.757.5911

Middletown Township Police

3 Municipal Way
Langhorne, PA 19047
215.750.3845

Newtown Township Police

100 Municipal Drive
Newtown, PA 18940
215.579.1000 ext. 398

Northampton Township Police

50 Township Road
Richboro, PA 18954
215.322.6111

Tullytown Borough Police

500 Main Street
Tullytown, PA 19007
215.945.0999

Upper Makefield Twp Police

1076 Eagle Road
Newtown, PA 18940
215.968.3020

Upper Southampton Twp Police

939 Street Road
Southampton, PA 18966
215.364.5000

Warminster Township Police

401 Gibson Avenue
Warminster, PA 18974
215.443.5000

Warwick Township Police

1733 Township Greene
Jamison, PA 18929
215.343.6102 ext. 411

PACE *(Financial help for prescription drugs) is Pennsylvania's prescription assistance programs for older adults, offering low-cost prescription medication to qualified residents, age 65 and older. For information, call **800.225.7223** or **267.880.5700**. **To be eligible for PACE:**

- You must be 65 years of age or older
- A Pennsylvania resident for at least 90 days prior to the date of application
- You cannot be enrolled in the Department of Public Welfare's Medicaid prescription benefit
- PACE eligibility is determined by your previous calendar year's income.

*The PACE Prescription assistance program is different from the LIFE St. Mary program of All-inclusive care for the Elderly (PACE).

Project MEDS (Medication Education Designed for Seniors) 267.880.5700

DURABLE MEDICAL EQUIPMENT & MEDICAL SUPPLIES



It is recommended that you contact the providers below to see if they are a Medicare Provider. This list contains medical supply providers in Bucks County, and in some cases outside the county if they are the only providers of an item.

Medical Supplies Stores Bucks County	Phone	Beds	Diabetic Supplies	Lymphedema Supplies	Mobility Devices Wheelchairs, Scooters, Walkers, Canes	Ostomy Supplies	Respiratory Supplies CPAP, Bi-PAP, Oxygen	Wound Care Supplies
All Medical Supply Southampton, PA	215.355.4886	X	X		X		X	X
American Home Patient Bensalem, PA	215.396.9009						X	
Apria Healthcare Branch Office – Trevose, PA	215.436.1333						X	
Baird Respiratory Therapy Glenside, PA	215.884.2990						X	
Brotherston Bensalem, PA	215.633.7300						X	
Cane & Able Langhorne, PA	215.757.2263				X			
CARES Langhorne, PA	215.710.2027				X			
Comfort & Care Medical Huntingdon Valley, PA	215.244.9130			X				
Community Medical Equipment Bristol, PA	215.788.2700	X	X		X		X	X
CPAP Center Warminster, PA	1.888.899.1076						X	

DURABLE MEDICAL EQUIPMENT & MEDICAL SUPPLIES



It is recommended that you contact the providers below to see if they are a Medicare Provider. This list contains medical supply providers in Bucks County, and in some cases outside the county if they are the only providers of an item.

Medical Supplies Stores Bucks County	Phone	Beds	Diabetic Supplies	Mobility Devices Wheelchairs, Scooters, Walkers, Canes	Ostomy Supplies	Respiratory Supplies CPAP, Bi-PAP, Oxygen	Stairlifts	Wound Care Supplies
Delcrest Warmminster, PA	215.675.4444	X	X	X		X		X
Edgepark On-line only www.edgepark.com	1.888.394.5075		X		X	X		X
Freedom Medical Supply Trevose, PA	215.396.9842	X				X		
Lincare Huntingdon Valley, PA	215.938.9577					X		
Mat's Pharmacy & DME Croydon, PA	215.785.3537	X	X	X				X
Medical Express Bristol, PA	215.785.2700	X		X		X		
Recovercare Bensalem, PA	800.575.2337	X						X
Rotech Warmminster, PA	215.442.1032	X		X		X		
Seventh Street Medical Feasterville, PA	215.396.2450	X	X	X				
Sunrise Warmminster, PA	215.956.9080			X				
Total Medical So- lutions Warmminster, PA	215.322.4103	X		X		X		
Tri-State Stairlifts Bucks & Montgomery	1.800.917.0097						X	

DURABLE MEDICAL EQUIPMENT & MEDICAL SUPPLIES



C.A.R.E.S. Program



What is C.A.R.E.S.?

The Community Aid Refurbished Equipment Store (C.A.R.E.S.) serves as a community benefit in order to provide area residents with refurbished medical equipment such as wheelchairs, crutches, canes, etc., free of charge.

C.A.R.E.S. provides an opportunity for donors to give gently used medical equipment to those in need.

How Does C.A.R.E.S. Operate?

Many area residents and patients do not have the financial resources to purchase the necessary medical equipment they need in order to improve their quality of life.

Community members donate gently used medical equipment, which is then cleaned, sanitized and refurbished before it is distributed at no cost to those in need.



Location– Pine Watson Shopping Center
140 Pine Avenue | Langhorne, PA 19047

For more information on donating or receiving gently used medical equipment please call 267.789.2077.





St. Mary Family Caregiver Center

St. Mary Medical Center's partnership with Catholic Housing & Community Services has established the Family Caregiver Center to connect seniors to aging in place resources and services.

Our guidance provides older adults and their families with choices, recommendations and answers in times of uncertainty.

Services We Can Provide:

- Geriatric assessment to determine safety, options and services as deemed necessary
- Create a plan which answers your individual concerns
- Coordinate the right network of services
- Remove the stress of managing multiple priorities for your loved one
- Community resources

The Family Caregiver Center may be helpful in the following situations:

- I am concerned about Mom's safety.
- How do I bring my loved one home from a hospital or skilled nursing facility?
- I'm not sure Dad is getting all the services he needs.
- How do I figure out what options are available for my loved ones?

St. Mary Family Caregiver Center

The Family Caregiver Center provides you and your loved ones with information to help you remain in your community and live with dignity, health independence and the highest quality of life.

Our Caregiver Geriatric Care Managers and Staff will assist you with determining next steps. The assessment identifies how well the senior can manage their daily life, medical condition and their home environment.

- Activities of daily living
- Medical assessment
- Financial review
- Social assessment
- Legal assessment, Living Will, Power of Attorney
- Medication review
- Home safety
- Cognitive assessment

Contact the Family Caregiver Center to discuss your needs at 267.638.7424 or by contacting Maureen Quinlan at mquinlan@chs-adphila.org. Our Caregiver Geriatric Care Managers and Staff will assist you with determining next steps.



Meals for Home-Bound Seniors Bucks County Area Agency on Aging – Nutritional Services

Nutritious meals are served in a group setting at least once a day, five days a week, depending on the facility - usually senior centers. For those older persons who are unable to prepare meals and have no other means of obtaining a hot, nutritious meal, home delivered meals can be provided. For more information, call the Area Agency on Aging at 267.880.5700.

Farm to Families 215.710.4163



Weekly Pick-Up at convenient locations. Provides access to healthy fresh food at a low cost. Each week participants can order boxes of fresh fruits and vegetables for \$10 to \$15 each. Three convenient locations to pick-up orders. (St. Mary Volunteer Office, Langhorne, Queen of the Universe Parish, Levittown). Multiple payment methods, including cash, ACCESS Card, SNAP, EBT, and credit/debit card. Order online with credit card at www.stmaryhealthcare.org.farmtofamilies

SNAP Program

SNAP (Food Stamps)

SNAP is our nation's most effective program in the fight against hunger. The program helps millions of families buy the food they need, so they can stretch their budgets and make ends meet. **SNAP Hotline:** Bucks County residents can apply for SNAP benefits by phone. Hotline counselors are available Monday through Friday 9 a.m. - 5 p.m. 215.430.0556

Commodity Supplemental Food Program (CSFP)

CSFP is a monthly food program through the United States Department of Agriculture that targets senior citizens age 60 and above with income at or below 130% of the federal poverty level.

Requirements to Qualify:

- Age 60 or older; living in Bucks County
- Combined monthly household income cannot exceed:
 - 1 person in household: \$1,287/month
 - 2 person household: \$1,736/month
 - For each additional household member, add \$451

For more info: Contact Heather Foor, BCOC Food Program Manager.

Phone: 215.345.8175 ext. 213 | email: hfoor@bcoc.org

Monthly Box of Food

Includes:

- 4 cans of vegetables
- 2 cans of fruit
- 2 cartons of shelf-stable milk
- 2 bottles of juice
- 2 boxes of cereal
- 1 can of beef stew or chili
- 1 jar of peanut butter
- 2 bags of pasta
- 1 two lb. block of cheese



Food Pantries – CENTRAL BUCKS COUNTY

Doylestown

Community Food Pantry

www.bchg.org/food-pantries | 215.345.4311 x101

Doylestown Area FISH

Box 196 | 215.348.7172

By appointment only.

Dublin

Living Hope Community Church

106 S. Main St. – 2nd Floor | 215.249.1133

Fri.: Noon – 2:00 p.m. or call for appointment. Angel Food Host Site, call for more information.

New Britain

New Britain Baptist Church - Food Larder

22 E. Butler Ave. (Rt. 202 & Tamanend Ave.) | 215.345.9170

Mon. & Wed. (9 a.m.- 12 p.m. & 1 - 4 p.m.)

Mother Hubbard's Cupboard

Lenape Valley Presbyterian Church | Route 202 & Ute Rd. | 215.345.1099

Mon. to Fri. 9 -11:30 a.m. and 12:30-3:30 p.m by appointment only.

Wrightstown

Church of the Holy Nativity

749 Durham Road | 215.598.3405

Penn's Park United Methodist Church

2nd Street Pike | 215.598.7601



Food Pantries – LOWER BUCKS COUNTY

Not intended to be complete listing of all food pantries.

Bensalem

Cornwells United Methodist Church Harvest Ministries

2284 Bristol Pike | 215.639.0436

Tues. to Thurs. 9 a.m. to Noon

Tifereth Israel Food Pantry

2909 Bristol Road | 215.752.3468

Tues. 4 – 5:30 p.m.

YWCA of Bucks County Country Commons Family Center Food Pantry

3338 Richlieu Road | 215.639.5853

Mon. to Fri. 10 a.m. – 3 p.m., by appointment only 215.752.3468.

Bristol-Tullytown

Bristol Borough Community Action Group

99 Wood Street, P.O. Box 623 | 215.785.3296

Calvary Baptist Church

250 Green Lane | 215.788.8418

Hours: Tues. 6:30 to 8 p.m.

Christ the King Orthodox Church, Food Pantry

465 Main Street | 215.945.2886

Thurs. 8 – 11 a.m. or call for appointment.

Fresh Connect Mobile Farmers Market Bucks County

1304 Veterans Hwy, Bristol, PA | 215.345.8175

Fridays 12 noon (weather permitting)



Food Pantries – LOWER BUCKS COUNTY

Kingswood Betterment Society

1250 Murphy Drive | 215.781.8131

Food pantry & children fed each weekday eve.

No Longer Bound, Norton Ave Baptist Church

5723 Watson & Norton Ave. | 215.788.9511

Mon., Tues., Thurs., Fri. 10 a.m. - 2 p.m.

Soulful Blessings, Second Baptist Church of Bristol

640 Race Street | 215.788.1440

Tues. 9 a.m. – Noon; Wed. to Thurs.: 4:30–7p.m.

Fairless Hills

Loaves & Fishes Pantry, First United Methodist

840 Trenton Road | 215.946.5800

Mon. & Wed. 8:30 -11:30 a.m., Fri. 9:00 -11:00 a.m.

Feasterville

St. Stephen's Evangelical Lutheran Church, Emergency Food Bank

65 East Street Road | 215.357.8138

Call church office to arrange pick up, (9 a.m. – 2 p.m.)

Langhorne/Penn del

Community Food Pantry

www.bchg.org/food-pantries | 215.750.4344 x102



Food Pantries – LOWER BUCKS COUNTY

Levittown

Catholic Social Services, Mary's Cupboard

100 Levittown Parkway | 215.949.1991

BY APPOINTMENT ONLY

Emergency Relief Association

United Christian Church | 8525 New Falls Road | 215.547.1676

Hours: Mon. 6 – 8 p.m., Wed., Fri., & Sat. 10 a.m. – 1 p.m.

St. Joseph the Worker, Martha's Cupboard

9168 New Falls Road | 215.945.4486

Sat. 11:30 a.m. – 1 p.m.

One week supply of non-perishable food.

Teen Connect, Church of Hope and Love

4506 New Falls Road | 215.547.5808

Mon. to Fri. 9 a.m. – 1 p.m.

Southampton

Jesus Focus Ministry, Food Pantry

1150 Bristol Road | 215.953.2000

Mon. to Fri. 8:30 – 11:30 am. Please call at least 15 minutes before coming.



Food Pantries – LOWER BUCKS COUNTY

Warminster

Emergency Food Cupboard

73 Downey Drive | 215.672.9422

Mon., Wed., Fri. 9:30 – 11:30 a.m.

Fresh Connect

Warminster Community Park

1100 Veterans Way | 215.345.8175

Tuesdays from 12 – 1 p.m.

Warminster Community, LLABC Food Pantry

Family Center - Bucks Landing (L4-1) | 120 E. Street Road | 215.444.0175

Mon. to Wed. 10 a.m. – 1 p.m., Thurs. 5:30 -7 p.m. / Fri. by appointment only.

Warminster Heights Coordinating Council of Health & Welfare, Inc.

73 Downey Drive | 215.672.9422

Mon., Wed., & Fri. 9:30 - 11:30 a.m.

YWCA of Bucks County Bucks Landing Family

Center Food Pantry 120 E. Street Road | 215.672.2974

Mon. to Thurs. 10 a.m. – 1 p.m. Fri. by appointment only.

Yardley/Morrisville

Aiding Our Neighbors in the Community

188 South Canal Street | 215.493.3510

Helps sponsor motel families, adopt a child, food to motels, school supplies, and holiday meals.

Community Baptist Church of Yardley

129 Pennsylvania Avenue | 215.968.6208

Wed. 6 – 7:30 p.m. Sat by appointment only

Food Ctr @ Morrisville First Presbyterian

771 N. Pennsylvania Ave | 215.295.4191

**Wed. 9:15 a.m. – 1:30 p.m., 1st Tues. of each month 7 – 8 p.m.
(w/ID). Recipients must be 185% of poverty level or less.**

GERIATRIC MENTAL HEALTH SERVICES & DEPRESSION



Depression in Older Adults

Important life changes that happen as we get older may cause feelings of uneasiness, stress, and sadness. For instance, the death of a loved one, moving from work into retirement, or dealing with a serious illness can leave people feeling sad or anxious. After a period of adjustment, many older adults can regain their emotional balance, but others do not and may develop depression.

Depression is a common problem among older adults, but it is NOT a normal part of aging. In fact, studies show that most older adults feel satisfied with their lives, despite having more physical ailments. However, when older adults do suffer from depression, it may be overlooked because they may be less willing to talk about feelings of sadness or grief, or they may show different, less obvious symptoms, and doctors may be less likely to suspect or spot it.

Common Symptoms

There are many symptoms associated with depression, and some will vary depending on the individual. However, some of the most common symptoms are listed below. If you have several of these symptoms for more than two weeks, you may have depression.

- feeling nervous or emotionally “empty”
- feelings of excessive guilt or worthlessness
- tiredness or a “slowed down” feeling
- restlessness and irritability
- feeling like life is not worth living
- sleep problems, including trouble getting to sleep, wakefulness in the middle of the night, or sleeping too much
- eating more or less than usual, usually with unplanned weight gain or loss
- having persistent headaches, stomach-aches or other chronic pain that does not go away when treated
- loss of interest in once pleasurable activities, including sex
- frequent crying
- difficulty focusing, remembering or making decisions
- thoughts of death or suicide, or a suicide attempt

Is it Depression or Something Else? The first step to getting appropriate treatment is to visit a doctor.

GERIATRIC MENTAL HEALTH SERVICES & DEPRESSION



A doctor can rule out medications or another medical condition as the cause of the depression by doing a complete physical exam, interview, and lab tests.

Things You Can Say to Start a Discussion with Your Doctor

- “I feel sad most of the time.”
- “I feel worn out and tired most of the time.”
- “I’m having difficulty sleeping.”
- “I just can’t seem to get past the loss of my spouse or friend.”
- “I’ve been “down in the dumps” and nothing seems to cheer me up.”
- “I just don’t enjoy life anymore.”
- “I have been crying a lot lately.”
- “I feel like people don’t like me.”
- “I feel like my life is not worth living.”

Medicare Part B (Medical Insurance) covers one depression screening per year. All people with Part B are covered. The screening must be done in a primary care setting (like a doctor’s office) that can provide follow-up treatment and/or referrals, if needed. You pay nothing for this screening if the doctor accepts assignment.

Your doctor or other health care provider may recommend you get services more often than Medicare covers. Or, they may recommend services that Medicare doesn’t cover. If this happens, you may have to pay some or all of the costs. It’s important to ask questions so you understand why your doctor is recommending certain services and whether Medicare will pay for them.

Loss of a Spouse and Depression

Recent loss of a spouse is a significant risk factor for depression in seniors. St. Mary offers a Bereavement Counseling and Support to anyone who is experiencing grief. Call St. Mary Spiritual Care at [215.710.5902](tel:215.710.5902).

GERIATRIC MENTAL HEALTH SERVICES & DEPRESSION



Bucks County Facilities

Lower Bucks Hospital | Bristol, PA.

For more information or admission, 24 hours/day, please call **267.229.3890**.

St. Luke's Hospital Older Adult Behavioral Health Unit | Quakertown, PA.

For more information call **484.526.5200**.

Philadelphia County

Haven Behavioral Health Hospital | Philadelphia, PA.

Inpatient psychiatric stabilization and treatment to senior adults experiencing acute symptoms of depression, anxiety, mood swings or psychosis call **215.791.6570**.

Montgomery County

Holy Redeemer Senior Behavioral Health Unit | Meadowbrook, PA.

Patients aged 65 or older who are experiencing psychiatric symptoms (e.g. hallucinations, delusions, panic reaction, anxiety, agitation, depression) severe enough to cause disordered, bizarre behavior or psychomotor retardation resulting in significant interference with activities of daily living. For additional information, please contact us at **1.800.818.4747**.



HEARING AID CENTERS BUCKS COUNTY, PA

Bensalem, PA

Miracle-Ear Center

250 Rockhill Dr. | 215.987.3282

Doylestown, PA

Hearing Rehabilitation Center

599 W State St # 201 | 215.345.7111

Langhorne, PA

Bucks Mercer Hearing Center

400 Middletown Blvd # 100 | 215.757.5913

Miracle Ear Hearing Aid Center

106 N. Flowers Mill Rd | 215.309.8651

Levittown, PA

Miracle-Ear Center

1049 A Oxford Valley Rd | 215.596.4449

Southampton, PA

Bucks County Hearing Aid Service

347 2nd Street Pike # 1 | 215.357.3303

Warminster, PA

Advanced Hearing Systems

15 Evergreen Ave | 215.672.5041

Audiology & Hearing Aid Center

65 W Street Rd # B104 | 215.672.4327

Other Resources to Help with Hearing Aid Costs (if you meet eligibility criteria):

Starkey Hearing Foundation | Contact our Hear Now Program | 800.328.8602
or email: Hearnow@starkeyfoundation.org

Veterans

VA-for Veterans that have VA benefits and use the local VA facility
877.222.8387



St. Mary Home Health Care

St. Mary Home Care | 2260 W. Cabot Boulevard, Suite 300 | Langhorne, PA 19047 | 267.569.0760

St. Mary Home Health Care offers patients in Lower and Central Bucks County a full range of interdisciplinary skilled care. Whether it's follow-up care after a hospitalization, short-term care following an injury at work, or care to help manage a chronic disease, Home Health Care provides convenient in-home services to meet your immediate healthcare needs. Physician order required.

Skilled Nursing & Specialty Care Programs: Fully licensed professional nurses provide expert care and patient and caregiver education. Areas of specialty include:

- Cardiac Care, including Congestive Heart Failure
- Respiratory Care
- Diabetes Management
- Pain Management
- Disease Management
- Palliative Care

Therapy: All Home Health Care therapists through St. Mary

- Physical Therapy — to strengthen muscles and enhance mobility to maintain the highest level of independent living.
- Occupational Therapy — to overcome impaired ability or learn to function with limited ability to perform activities of daily living, including dressing, transferring to bed or chair, or meal preparation.
- Speech Therapy — speech and language training, especially with problems resulting from stroke or injury.

Home Health Aides

Certified Home Health aides assist with personal hygiene, and activities of daily living.

Enterostomal Care for colostomies and ostomy replacement surgery and wound care for hard-to-heal sores or skin ulcers.

Insurance: St. Mary Home Care accepts Medicare, Medicaid, and most private health insurance plans.

HOME CARE (COMPANION SERVICES)



Elder Care Locator - Eldercare Locator is a public service of the U.S. Administration on Aging connecting you to services for older adults and their families. **1.800.677.1116** | www.eldercare.gov

Bucks County Area Agency on Aging - In-Home Services

Trained aides can assist elderly clients in need with their personal care and other necessary tasks such as grocery shopping or laundry. This service may be privately obtained or may be subsidized by the Area Agency on Aging (AAA). In order to receive these services from the AAA, a person who have to be assessed by a social worker to determine the need.

For more information call the AAA at 267.880.5700

***ALTC: A Long Term
Care Company**
215.941.1800

***A Way to Stay**
215.321.5100

**Age in Place
Home Care**
888.990.4555

**Always Best Care
Senior Services**
267.909.9248

Arcadia Home Care
215.364.2341

Bayada
215.657.7711

***Bright Star**
215.750.8802

***ComForcare -
Lower Bucks
County**
215.750.1880

***Comfort Keepers**
866.458.4402

**Complete
Healthcare Services**
610.713.0441

**Excel Companion
Care**
215.200.1113

Fidelity Home Health
215.710.0515

**First Light Home
Care**
215.259.5054

***Golden Health
Services**
215.289.9005

* Denotes an agency providing
24 hours live-in care.

HOME CARE (COMPANION SERVICES)



Guardian Angels
215.295.6200

Interim Healthcare
215.750.1772

***Right at Home**
267.568.2638

**Holy Redeemer
Support Services**
215.698.3719

*** Life Force:**
(minimum 8 hrs.
per day)
800.200.3685

Senior Helpers
215.579.2755

Home Helpers
215.631.9126

**Living Care
Home Services**
215.348.4008

**Seniors Helping
Seniors**
215.675.6402

*** Home Instead**
215.943.7700

Millennium
215.493.8110

TriMed Homecare
215.279.8772

**Home Watch
Caregivers**
215.660.1555

**Preferred Home
Health Care &
Nursing Services**
1.800.603.2273

Trusted Care, Inc.
215.322.4706

**Immediate
Home Care**
215.638.2223

***Premier Personal
Care**
215.943.0201

Visiting Angels
215.345.9600

* Denotes an agency providing
24 hours live in care.



What is Hospice Care?

Hospice care is a special way of caring for people who are terminally ill (dying) and helping their families cope. Hospice care includes treatment to relieve symptoms and keep the individual comfortable. The goal is to provide end-of-life care, not to cure the illness. Medical care, nursing care, social services, medications for the terminal and related conditions, durable medical equipment, and other types of items and services can be a part of hospice care.

Most hospice patients get hospice care in the comfort of their home and with their families. Depending on the patient's condition, hospice care also may be given in a Medicare-approved hospice facility, hospital, or nursing home.

What Medicare Covers

Medicare's hospice benefit provides for support and comfort to patients who are dying, including services not usually paid for by Medicare. Hospice volunteers are available to do household chores, provide companionship, allow the caregiver time off to do tasks outside of the house, and offer support to the patient and family. Medicare also pays for inpatient respite care (short term care for hospice patients) so that the usual caregiver can rest.

Who is Eligible?

To be eligible for hospice care, the patient must have Medicare Part A (hospital insurance) and

- the doctor and hospice medical director must certify that the patient is terminally ill and has probably six months or less to live
- the patient must sign a statement choosing hospice care instead of routine Medicare-covered benefits for their terminal illness
- the patient must receive care from a Medicare-approved hospice program.

Medicare hospice benefits do not include treatment to cure terminal illness. If the patient's health improves or the illness goes into remission, he or she always has the right to stop getting hospice care and go back to the regular Medicare health plan. A hospice patient will continue to have Medicare benefits to help pay for treatment of conditions unrelated to the terminal illness. The information in this topic was provided by Centers for Medicare and Medicaid Services.

HOSPICE PROVIDERS



Finding a Hospice Program

Abington Hospice
215.481.5800

Abramson Hospice
215.371.1393

Caring Hospice
215.619.7650

Chandler Hall
215.860.4000

Compassionate Care
800.584.8165

Compassus Palliative Care
215.557.7300

Crossroads Hospice
215.956.5110

Crossroads Palliative Care
215.956.5110

Eleanor's Garden Hospice
215.970.5631

Heartland Care Partners
1.866.380.5874

Heartland Hospice
1.800.807.3738

Holy Redeemer
888.678.8678

Kindred at Home Hospice
215.619.7710

Hospice Compassus
610.628.4876

Vitas Hospice
800.93VITAS

VNA Hospice
215.581.2046

Wissahickon (Penn)
215.481.5800

COMPASSION

INCONTINENCE & PELVIC FLOOR THERAPY (BOWEL & BLADDER)



Incontinence & Pelvic Floor Therapy

St. Mary Medical Center | 1201 Langhorne–Newtown Road | Langhorne, PA 19047 | Level 2, Outpatient Building | **215.710.7571**

Specialized outpatient therapy program to treat bowel and bladder incontinence, persistent pelvic pain, and other medical conditions. One-on-one sessions with a therapist to treat a variety of pelvic floor issues, such as, overactive bladder, pelvic floor muscle weakness, interstitial cystitis, sciatica, post-hysterectomy pain, post-prostatectomy pain, urinary incontinence and more. Physician prescription provided. Contact insurance provider regarding coverage.

Designated parking is conveniently located on the second level of the parking garage at the rear of the hospital campus.

Hours: Mon to Wed: 8 a.m. – 4 p.m.

Tues & Thurs: 8 a.m. – 6 p.m.

Fri: 8 a.m. – 3 p.m.

Pelvic Support Group

Meets 1st Monday of the month from 6:30-7:30pm. [Group Leaders Contact - Susan Kaplan: 570.640.2526](#) (after 3pm), [Susan Sacks: 267.968.3302](#)

THERAPY

JOINT PAIN & JOINT REPLACEMENT



Joint Pain

Joint Pain Seminars call 215.710.2636

Hip, knee and shoulder pain can limit an active lifestyle and quality of life. At St. Mary we offer pain seminars on a monthly basis. If you are experiencing painful joints and recognize it is preventing you from doing activities of daily living, please call 215.710.2636 to register for the next seminar. There you will learn from one of our Orthopedic Surgeons the anatomy of your joint, why you may be experiencing pain, non-invasive methods of treatment and finally what joint replacement entails.



Center for Joint Replacement

St. Mary Medical Center | 1201 Langhorne–Newtown Road | Langhorne, PA 19047 | **NEXT DAY APPOINTMENT with St. Mary Medical Center Orthopedic Physician call 1.844.7 ST MARY**

St Mary Medical Center is proud to inform you we have the Joint Commission Gold Seal of Approval for Hip and Knee Replacement. This means we are evaluated on an annual basis for our joint replacement program and quality outcomes. St. Mary was the first in the region to obtain this center of excellence designation.

Our program Registered Nurse Navigators will be with you every step of the way. We welcome you and your family to attend a very comprehensive pre-operative class where you will learn the details of your preparation, stay and planning for discharge. We also have a video that will take you through the journey of the joint replacement patient on the St. Mary website: www.stmaryhealthcare.org/joint.surgery

For additional information on orthopedics, joint pain or joint replacement, please call the following number 215.710.2636.

JOINT PAIN & JOINT REPLACEMENT



Osteoporosis

Osteoporosis is a debilitating disease that affects millions of people every year. However, early detection of this disease can lead to effective treatment and prevent fractures in the future. Many factors affect bone strength, including heredity, diet, cigarettes, alcohol, menopause, certain drugs such as Prednisone, frequency of exercise and gastrointestinal disorders. Bone mass measurement should be obtained in every woman who has had a fracture or any of the above predisposing factors. DEXA Scan can be used to detect for the presence of osteoporosis in men and women with particular risk factors as noted above.

Bone Density Testing (DEXA Scan)

St. Mary Medical Center | 1201 Langhorne–Newtown Road | Langhorne, PA 19047 | Ground Floor, Outpatient Building | (Scans are performed in the Breast Center) | **215.710.2208**

Helps detect osteoporosis by measuring bone density. Bone density examinations are comfortable, fast and safe. Patients typically spend only minutes reclining fully-clothed on the densitometer. A certified technician is with the patient at all times, and results are available quickly. Physician prescription required.

Hours: Mon. to Fri. 8 a.m. – 8 p.m.

Sat. & Sun. 7:30 a.m. – 4 p.m.



LIFE St. Mary

LIFE St. Mary | 2500 Interplex Drive | Trevose, PA 19053 | 267.991.7600
www.LIFEStMary.org

LIFE St. Mary is a Program of All-inclusive Care for the Elderly (PACE) which helps adults 55 and older live independently and safely at home. LIFE provides:

- Experts who schedule, coordinate, and provide all medical care
- Transportation to the LIFE Center
- In-home services such as bathing, dressing, and home-delivered meals
- Primary and specialty care physicians
- Nursing care
- Occupational, physical, and speech therapy
- Social work services
- Mental health care
- Dental care
- Nutrition services
- Foot, vision, and hearing care
- Prescription and over-the-counter medications
- Medical equipment
- Spiritual care



The LIFE Center provides one location where doctors, nurses, and other health-care professionals offer treatment and monitor changes in participants' health. Here, participants receive nutritious meals and join in on a variety of activities to keep active and make new friends. Participants are eligible for LIFE if they are:

- 55 or older
- Live in the LIFE service area
- Certified by the state as requiring nursing home level of care
- Able to live safely in the community with LIFE St. Mary services



LIFE services are paid for by Medicare and Medicaid, or private payment. There are no out-of-pocket charges if participants qualify for Medicare and Medicaid or Medicaid only. For participants who do not qualify for Medicaid, there is a flat monthly fee.





St. Mary Pulmonary Rehab

St. Mary Medical Center | 1201 Langhorne–Newtown Road | Langhorne, PA 19047 | Level 1, Outpatient Building | **215.710.2522**

Lungs for Life. The Lungs for Life pulmonary rehabilitation program at St. Mary Medical Center is a comprehensive, medically supervised outpatient service for people who are living with emphysema, bronchitis, or other chronic lung diseases. Lungs for Life is designed to help you take control of your breathing problems and to live your life to the fullest. Program components include: Exercise Therapy, Breathing Retraining and Patient Education. Physician prescription required.

Acceptance into Lungs for Life is based on the following:

- Physician referral
- Diagnosis of lung disease
- Evaluation and screening

Designated parking is conveniently located on the first level of the parking garage at the rear of the hospital campus.

Smoking Cessation Classes

215.710.2264

5 weeks. Smoking cessation classes are offered by the Bucks County Health Improvement Partnership throughout Bucks County.



APPRISE - Insurance Counseling

MAIN PHONE NUMBER: 267.880.5700

Office Hours: Monday-Friday 8:30 a.m. - 4:30 p.m.

APPRISE is a free health insurance counseling program designed to help Pennsylvanians age 60 and over with health insurance concerns. These counselors are specially trained volunteers who can answer your questions about Medicare, provide you with objective, easy-to-understand information about health insurance. APPRISE services are free and all information is kept confidential.

APPRISE Counselors Can Help You:

- Decide if a Medicare HMO is right for you by explaining the way Medicare HMOs work
- Understand your Medicare benefits by explaining what services are covered under Medicare Parts A and B and your Medicare Summary Notice
- Select a Medigap insurance policy by explaining the benefits offered under each plan and by providing you with a list of companies that sell Medigap plans
- Obtain assistance to pay for your prescription drugs by telling you about the government and private programs that offer this service, the eligibility requirements and how to apply;
- Find government programs that will pay your Medicare deductibles, co-payments and part B premiums and assist you in filling out the paper work
- Understand long-term care by explaining which government programs pay for long-term care and the eligibility requirements and private long-term care insurance and how to select the best policy for you.

Source: www.buckscounty.org/government/HumanServices/AAA/InsuranceCounseling



St. Mary Neurosciences Center, patients will find specialized care for a wide range of injuries and illnesses from the most common to the most complex that affect the brain, nervous system, and spine. Our team of board-certified neurologists and neurosurgeons, specially trained registered nurses, and highly skilled rehabilitation professionals has distinguished itself as a trusted resource for the expert care of:

- Stroke
- Seizure disorders
- Brain and spine tumors
- Traumatic brain injuries
- Spinal cord injuries
- Chronic back and neck pain
- Sleep and wake disorders
- Neurodegenerative disorders such as Parkinson's disease, Alzheimer's disease, and multiple sclerosis



Comprehensive Stroke Care

St. Mary Medical Center | 1201 Langhorne–Newtown Road | Langhorne, PA 19047

St. Mary has earned the Joint Commission's Gold Seal of Approval™ as a Primary Stroke Center.

St. Mary Medical Center has a dedicated emergency-response stroke team, which is fully prepared to diagnose and treat stroke emergencies 24 hours a day, 7 days a week. At the St. Mary Stroke Center, our experienced neurosciences team provides rapid assessment, accurate diagnosis, and prompt treatment using the most advanced evidence-based medical guidelines. Telemedicine (also known as robot) is advanced technology that allows a specialist to remotely assess you at any time of the day or night.



THINK YOU ARE HAVING A STROKE? CALL 9-1-1 IMMEDIATELY!

F.A.S.T. is an easy way to remember the sudden signs of stroke. When you can spot the signs, you'll know that you need to call 9-1-1 for help right away. F.A.S.T. is:

- F** **Face Drooping** – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
- A** **Arm Weakness** – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- S** **Speech Difficulty** – Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?
- T** **Time to call 9-1-1** – If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

Call 9-1-1 immediately if you or a loved one experiences the signs or symptoms of stroke.

Stroke Support Group

215.710.7677

The stroke support group meets monthly and offers educational programs for stroke survivors and family caregivers.

Held the second Thursday of every month, 2:30 – 3:30 p.m.

Epilepsy Support Group

215.629.5003, Ext. 102

Provides an avenue for individuals affected by epilepsy/seizure disorder to gather, share, and learn in an informal setting.

Held the first Thursday of every month, 6:30 – 8:30 p.m.



Heads on Straight for TBI (Traumatic Brain Injury) Survivors & Families

Open format and discussion with guest speakers a few times throughout the year. Contact Mike Hrabowski at mikkar@comcast.net for more information. Held the first Tuesday of each month | 6:30 – 8:00 p.m. | **215.741.4196**

Held the first Tuesday of each month, 7:30 – 9:00 p.m.

Multiple Sclerosis Support Group

Contact Amy Taklif for more information at ableasweare@gmail.com or 267.697.9697.

Held the second Tuesday of every month, 6:30 – 8:00 p.m.

Outpatient Therapy Neurorehabilitation

St. Mary Medical Center | 1201 Langhorne–Newtown Road | Langhorne, PA 19047 | Level 2, Outpatient Building | **215.710.2223**

St. Mary Physical Therapy at Cornerstone | Cornerstone Executive Suites
1 Cornerstone Drive, Suite 400 | Langhorne, PA 19047 | **215.710.2223**

St. Mary Medical Center offers a wide variety of personalized physical, occupational, and speech therapies on an outpatient basis for people who need help to regain their mobility and ability to perform basic tasks of daily living. Our patients include people recovering from stroke, joint replacement surgery, musculoskeletal and orthopedic injuries, work-related injuries, arthritis, and other medical conditions that can impair everyday functioning and independence. Physician prescription required. Parkinson's therapy to improve voice and movement in patients with Parkinson's disease and related disorders.

Hours: Mon. to Fri. 8 a.m. – 8 p.m., Sat. 8 a.m. – 12 p.m.



Parkinson's Support Group

Contact Melissa Keany, OTR/L for more information at mkeany@stmaryhealth-care.org or 215.710.5738. Held the second Wednesday of every month 2:30 - 3:30 p.m.

Held the second Wednesday of every month, 2:30 – 3:30 p.m.

St. Mary Sleep/Wake Disorders Center

1201 Langhorne Newtown Road | Ground Floor, St. Clare Medical Building
215.710.6744

Accredited by the American Academy of Sleep Medicine and Disease-Specific Care certification from the Joint Commission.*

Often unrecognized, sleep disorders take a national toll. With more than 80 identifiable sleep and wake disorders, it is estimated that three out of five adults will experience sleep difficulty at some time in their lives. Some of the most common problems include sleep apnea, restless leg syndrome, narcolepsy (uncontrollable sleep attacks at inappropriate times) and insomnia (difficulty in falling asleep and in staying asleep). An overnight sleep study or polysomnogram at a qualified sleep center, such as the St. Mary Sleep/Wake Disorder Center, is the most effective way to diagnose such disorders. A diagnostic sleep study is an accepted medical procedure covered by most insurance plans. Patients must have a prescription. Home Sleep study also available.

*Meets or exceeds national standards and guidelines that can significantly improve outcomes for patients suffering from sleep-wake.

For more information or to inquire about a sleep study, including pediatric sleep studies, please call 215.710.6744

NURSING HOMES



Medicare Compare –
Nursing Home
Information www.medicare.gov/Nursinghome-compare
1.800.442.2620

Elder Care Locator
www.eldercare.gov
800.677.1116

Bristol, PA (1)
Silver Lake Center
905 Tower Rd
215.785.3201

Buckingham, PA (1)
Buckingham Valley
Rehabilitation
820 Durham Rd.
215.598.7181

Doylestown, PA (4)
Briarleaf Nursing Home
252 Belmont Ave
Doylestown, PA 18901
215.348.2983

Doylestown Manor
432 Maple Avenue
215.345.1452

Greenleaf Nursing Home
400 South Main Street
215.348.2980

Pine Run Health Center
777 Ferry Rd.
215.348.7770

Langhorne, PA (3)
Attleboro Nursing and Rehabilitation
300 E. Winchester Ave.
215.757.3739

Crestview Nursing and Rehabilitation Center
262 Tollgate Rd.
215.968.4650

Langhorne Gardens Rehab and Nsg. Center
350 Manor Ave.
215.757.7667

Levittown, PA (1)
Statesman Health and Rehabilitation Center
2629 Trenton Rd.
215.943.7777

Newtown, PA (1)
Chandler Hall
99 Barclay Street
215.860.4000

Richboro, PA (1)
Richboro Care Center
253 Twining Ford Rd
215.357.2032

Warminster, PA (2)
Christ's Home Retirement Center
1220 West Street Rd
215.956.2270

Majestic Oaks
333 Newtown Rd.
215.672.9082

Warrington, PA (1)
Neshaminy Manor Home
1660 Easton Road
Warrington, PA 18976
215.345.3205

Yardley, PA (1)
HCR. Manor Care of Oxford Valley
1480 Oxford Valley Rd.
215.321.3921



Nutrition Therapy

St. Mary Medical Center | 1201 Langhorne–Newtown Road | Langhorne, PA 19047 | Level 2, Outpatient Building | **215.710.2058**

Some of the most serious health conditions — obesity, diabetes, hypertension, and heart disease — can be prevented or managed through simple lifestyle changes and healthier habits. If you would like to improve your health by eating better, the nutrition experts at St. Mary Medical Center are here to help. The nutrition professionals at St. Mary Medical Center are registered, licensed dietitians with degrees in nutrition and dietetics. Physician prescription required.

Hours: Mon. to Fri. 8 a.m. – 4 p.m.



Osteoporosis is a debilitating disease that affects millions of people every year. However, early detection of this disease can lead to effective treatment and prevent fractures in the future. Many factors affect bone strength, including heredity, diet, cigarettes, alcohol, menopause, certain drugs such as Prednisone, exercise and gastrointestinal disorders. Bone mass measurement should be obtained in every woman who has had a fracture or any of the above predisposing factors. DEXA Scan can be used to detect for the presence of osteoporosis in men and women with particular risk factors as noted above.

Bone Density Testing (DEXA Scan)

St. Mary Medical Center | 1201 Langhorne–Newtown Road | Langhorne, PA 19047 | Ground Floor, Outpatient Building | (Scans are performed in the Breast Center) | **215.710.2208**

Helps detect osteoporosis by measuring bone density. Bone density examinations are comfortable, fast and safe. Patients typically spend only minutes reclining fully-clothed on the densitometer. A certified technician is with the patient at all times, and results are available quickly. Physician prescription required.

Hours: Mon. to Fri. 8 a.m. – 8 p.m.

Sat. - Sun. 7:30 a.m. – 4 p.m.

OUTPATIENT THERAPIES



St. Mary Medical Center | 1201 Langhorne–Newtown Road | Second Floor, Outpatient Building | Langhorne, PA 19047

St. Mary Physical Therapy at Cornerstone | Cornerstone Executive Suites
1 Cornerstone Drive, Suite 400 | Langhorne, PA 19047

Hours: Mon-Thursday 7 am - 8pm | Friday 7am- 4pm

To schedule an appointment or for more information, call 215-710-2223.

St. Mary Medical Center offers a wide variety of personalized physical, occupational, and speech therapies on an outpatient basis for people who need help to regain their mobility and ability to perform basic tasks of daily living. Our patients include people recovering from stroke, joint replacement surgery, musculoskeletal and orthopedic injuries, work-related injuries, arthritis, and other medical conditions that can impair everyday functioning and independence.

Physical Therapy

- Strengthening programs
- Pain management
- Walking and balance training

Occupational Therapy

- Self-care
- Home management
- Cognitive retraining

Speech Therapy

- Swallowing
- Speech and communication retraining
- Cognitive skills

Conditions that May Benefit from Outpatient Therapy

Orthopedic Conditions

- Amputations
- Arthritis
- Back or neck injuries
- Fractures
- Joint replacement
- Muscle pain
- Nerve injuries
- Lymphedema

Neurological Conditions

- Brain injuries
- CVA/Stroke
- Continence management
- Female and male pelvic disorders
- Parkinson's disease
- Speech and language deficits
- Swallowing disorders
- Vestibular and balance disorders

WELLNESS



St. Mary Pain Management Center

Medical Office Building | 1205 Langhorne-Newtown Road | Franciscan Building
Suite 102 | Langhorne, PA 19047 | **215.710.PAIN (7246)**

The Pain Management Center offers a compassionate approach to help alleviate acute and chronic pain. We employ the highest clinical standards in medical therapy to enhance your quality of life. Components of this interdisciplinary approach include epidural steroid injections, other fluoroscopic guided spinal procedures, medications and acupuncture. Referrals to other medical specialists and specialized diagnostic imaging studies to help evaluate and treat underlying medical conditions also may be included in your comprehensive treatment plan. Referrals to physical therapy, counseling, and our Wellness Center are additional support services available. We accept most insurances.

On the Campus of St. Mary Medical Center

Hours: Mon. to Fri. 8 a.m. – 4 p.m.



As a patient you have the right to choose a palliative care agency that is able to provide the care that you require. Palliative care is specialized medical care for people with serious illness. It focuses on providing patients with relief from the symptoms, pain, and stress of a serious illness—whatever the diagnosis or stage of the disease. The goal is to improve quality of life for both the patient and the family.

For inpatients at St. Mary Medical Center, we offer consults for:

- Symptom management
- Goals of care discussions
- Assistance with decision-making in chronic disease and end-of-life issues
- Home and inpatient hospice disposition planning
- Advance Health Care Directives
- Ethical dilemmas

The following companies offer **in-home palliative care services in Bucks County:**

Compassus Palliative Care

601 Office Center Drive | Suite 125 | Fort Washington, PA 19034

215.557.7300

Crossroads Palliative Care

523 Plymoth Road | Suite 225, Building M | Plymoth Meeting, PA 19462

215.956.5110

Eleanor's Garden

10125 Verree Road | Suite 202 | Philadelphia, PA 19116

215.302.2003

Heartland Care Partners

460 Norristown Road | Suite 101 | Blue Bell, PA 19422

1.866.380.5874

PHARMACY – ST. CLARE

RETAIL PHARMACY



St. Clare, Retail Pharmacy

St. Clare Medical Building at St. Mary Medical Center | 1201 Langhorne–Newtown Road | Langhorne, PA 19047 | Ground floor of the St. Clare Medical Building on the main hospital campus | **215.710.PHAR (7427)**

The St. Clare Retail Pharmacy is a full-service pharmacy that provides a convenient place to quickly fill prescriptions and buy over-the-counter medicines.

A Full Range of Pharmacy Services for Your Convenience

- Free bedside delivery of medications to St. Mary inpatients
- Prompt filling of prescriptions following office visits or upon discharge from the hospital — one less stop to make on your way home
- Automated phone system available 24/7 to enter orders
- Shingles and whooping cough (pertussis) vaccines available
- Secure disposal of outdated or unused medications and vials

Pharmacy customers may park in the free parking garage adjacent to the St. Clare Medical Building on the campus of St. Mary Medical Center.

Hours: Mon. to Fri. 7:30 a.m. – 5:30 p.m.

BUCKS COUNTY SENIOR CENTERS



**Benjamin H. Wilson
Senior Center**
580 Delmont Ave.
Warminster, PA 18974
Wanda Kester
Center Manager
215.672.8380

**Bensalem Senior
Citizens Center**
1850 Byberry Road
Bensalem, PA 19020
Bonnie Nase
Center Manager
215.638.7720

**Bristol Borough
Area Active Adult
Center**
301 Wood Street
Bristol, PA 19007
Gail Aufschlag
Center Manager
215.788.9238

**Bristol Township
Senior Citizens**
2501 Bath Road
Bristol, PA 19007
Bonnie Worth
Center Manager
215.785.6322

**Central Bucks
Senior Center**
700 Shady Retreat Rd.
Doylestown, PA 18901
Paul Swanger
Center Manager
215.348.0565

**Eastern Upper
Bucks**
8040 Rt. 611
PO Box 545
Ottsville, PA 18942
Kim Gaspar
Center Manager
610.847.8178

**Falls Township
Senior Citizens, Inc.**
282 Trenton Road
P.O. Box 26
Fairless Hills, PA 19030
Cecilia Murphy
Center Manager
215.547.6563

**James E. Kinney
Senior Center**
165 Township Road
Richboro, PA 18954
Sheila Jobs
Center Manager
215.357.8199

**Middletown Senior
Citizens Center
Municipal Bldg.**
2142 Trenton Rd.
Levittown, PA 19056
Lydia Konopka
Center Manager
215.945.2920

**Morrisville Senior
Service Center
Borough Annex**
31 E. Cleveland Ave.
Morrisville, PA 19067
Alan Perchalski
Center Manager
215.295.0567

**Neshaminy Senior
Citizens Center**
1842 Brownsville Rd.
Trevose, PA 19053
Donna Kahhan
Center Manager
215.355.6967

ST. MARY REHABILITATION HOSPITAL



The St. Mary Rehabilitation Hospital is a free-standing, state-of-the-art, 50-bed acute rehabilitation hospital is dedicated to the treatment and recovery of individuals who have experienced stroke, trauma, neurological condition, amputation, brain injury, spinal cord injury, orthopedic injury or other debilitating diagnosis. The St. Mary Rehabilitation Hospital is located across the street from St. Mary Medical Center campus at 1208 Langhorne-Newtown Rd in Langhorne, PA.

A rehabilitation doctor (Physiatrist) – a doctor who specializes in physical medicine and rehabilitation – leads a clinical team that that will develop an individual treatment plan to meet the needs of each patient in this freestanding inpatient rehabilitation unit. Internal medicine physicians and other specialty physicians are also available to provide medical consultation and management of our patients.

Specialty Programs – Specialized treatment programs are dedicated to the recovery of individuals 16 years of age and older who have experienced:

- Stroke
- Brain Injury
- Multiple Trauma
- Spinal Cord Injury
- Neurologic conditions including Parkinson’s Disease, Multiple Sclerosis, and Guillian-Barre
- Hip Fracture
- Amputation
- Burns
- Orthopedic Conditions
- Medically complex illnesses including cardiac and pulmonary disease

St. Mary Rehabilitation Hospital 267.560.1100



Bariatric Support Group

Join our Bariatric Weight Loss Surgery Support Group. These free sessions include current and past bariatric surgery patients. This group is led by the St. Mary Bariatric Program Director and includes real life discussions to help you on your weight loss journey and keep you on track. **Held the first Wednesday of odd numbered months (January, March, May, July, September, November) from 6:00 – 7:00 p.m. | 215.710.5711**

Cancer Support Groups

Look Good Feel Better Live! Virtual Workshops

Women who are being treated for cancer treatments are eligible to be part of this live virtual workshop. Look Good Feel Better Live! Virtual Workshops provide you with live instruction, tips and tricks for dealing with appearance-related side effects of cancer treatment. You will learn specific techniques from a licensed cosmetologist to help you make the most of your appearance while undergoing treatment.

With the help of live, interactive chat made possible with advanced videoconference technology, a virtual licensed beauty professional guides a small group of participants. A makeup package valued at \$300.00 will be provided to you to use during this live workshop.

To register, please call Christine Armetta at 215.710.5328

Domestic Violence Counselor

Free and Confidential counseling is available. **Confidential 215.710.6082 or lfriedman@awomansplace.org | A Woman's Place 24 hour hotline 1.800.220.8116**

Epilepsy Support Group

Provides an avenue for individuals affected by epilepsy/seizure disorder to gather, share, and learn in an informal setting. **Held the first Thursday of every month 6:30 – 8:30 p.m. | 215.629.5003, Ext. 102**

Essential Tremor Support Group

Held the fourth Thursday of every month from 10:00 - 11:00 a.m. | 215.431.7749



Heads On Straight For TBI Survivors & Families

Open format and discussion with guest speakers a few times throughout the year. Contact Mike Hrabowski at mikkar@comcast.net for more information. Held the first Tuesday of each month | 6:30 – 8:00 p.m. | **215.741.4196**

Multiple Sclerosis Support Group

Held the second Tuesday of every month from 6:30 - 8:00 p.m. **For more information contact Amy Taklif at ableaswear@gmail.com or 267.697.9697.**

Parkinson's Support Group

Contact Melissa Keany, OTR/L for more information at mkeany@stmaryhealthcare.org or 215.710.5738. Held the second Wednesday of every month 2:30 – 3:30 p.m. **215.710.5738**

Pelvic Support Group

Meets 1st Monday of the month from 6:30-7:30pm. **Group Leaders Contact-** Susan Kaplan: **570.640.2526** (after 3pm), Susan Sacks: **267.968.3302**

St. Mary Rehab Amputee Support Group

Held the last Tuesday of every month from 6:30 - 8:00 p.m. | **267.560.1120**

Stroke Support Group

The stroke support group meets monthly and offers educational programs for stroke survivors and family caregivers. Held the second Thursday of every month 2:30 – 3:30 p.m. | **215.710.7677**

Womenheart Support Network

WomenHeart Support Networks provide peer-to-peer, patient support for women living with heart disease by another female heart disease patient who has been trained to provide patient support. Support for a woman with heart disease is crucial to her recovery and wellbeing. WomenHeart Support Networks meet monthly and provide education with an emphasis on secondary prevention, as well as psychological and emotional support for female patients as they face their journey living with heart disease. Held the second Tuesday of every month (except August) | 11 a.m. – 1 p.m. | **For more information, or to join, call WomenHeart Support Network Coordinators at 215.710.4182 or at WH-BucksMercer@womenheart.org.**

TRANSPORTATION & DRIVER SAFETY PROGRAMS



Getting around when you no longer drive...

Bucks County Area Agency on Aging

1.888.795.0740 | 215.794.8360

The Bucks County Area Agency on Aging subsidizes transportation for older persons in getting to and from senior centers, medical facilities, human service agencies, libraries and stores for shopping.

Call the Area Agency on Aging for an application, 267.880.5700, or call the phone numbers below. Senior transportation is available from: Bucks County Transport (BCT) 1.888.795.0740, 215.794.8360

GoGoGrandparent - Transportation for Medical Visits, Groceries and More! (services vary by area) All you need is a touch tone phone that can call **1.855.464.6872 or 1 (855) GOGO-USA**. NO Smart Phone needed. Call the number above at least 15 minutes before you want to get picked up. When you call, you'll hear the services available in your area. Press the digit for the service that you want.

Press 1 for a car to Your Home

Press 2 for a car to where we dropped you off last.

Press 0 to speak with an operator.

Stay on the line and you will be matched with a driver (usually in 30 seconds)

Cost - These rides are usually up to 35% that cost of a cab. You will get a quote every time you call.

Driver Safety Programs

AARP Driver Safety Course

The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation's largest classroom and online driver safety course and is designed especially for drivers age 50 and older. Find a location near you by searching www.aarp.org/home-garden/transportation/driver_safety

CarFit

CarFit is designed to help older adults drive safer, help them review safety features of their car, make sure they fit correctly, and safe driving resources are shared with participants. For more information on CarFit, visit www.car-fit.org.

To find a course near you and to register, call 215.710.7078

SUPPORT



The team of Urologic specialists at St. Mary provides comprehensive, personalized care in the diagnosis and treatment of urologic conditions, from the most basic to the most complex cases using state-of-the-art technology and the latest advances in medicine.

Urologists are physicians who specialize in diagnosing and treating conditions of the urinary tract in men and women, and the reproductive system in men, utilizing medical management and specialized surgical procedures.

Urology combines the management of medical conditions, such as urinary tract infections, an enlarged prostate, kidney stone disease, as well as surgical procedures to treat cancer or correct abnormalities.

The St. Mary Urology team includes:

- Elite fellowship trained specialists who have been recognized as ‘Top Doctors’ locally and nationally
- Extensive experience in the detection, diagnosis, and treatment of urologic cancers including prostate, bladder, kidney, ureter, adrenal gland and testicles.
- Nationally recognized expertise in robotic surgery
- Minimally invasive and laparoscopic tests and treatment options for Kidney stone disease, erectile dysfunction, incontinence and other urologic disorders.

St. Mary Physician Referral 1.844.7 ST MARY



St. Mary Volunteer Services

St. Mary Medical Center | 1201 Langhorne–Newtown Road | Langhorne, PA
19047 | Ground Floor, Main Hospital | **215.710.2097**

How to Get Involved!

There are a wide range of opportunities available for adult volunteers at St. Mary. Depending on the assignment, adult volunteers typically volunteer two-four hours per week. Volunteer assignments are based on organizational need, in addition to your interests, skills and availability. Adult volunteers enjoy many benefits, including free parking, documentation of hours, free training, special discounts and celebratory recognition events. **The first step to becoming a volunteer is to submit an application.**

Hours: Mon. to Fri. 8:30 a.m. – 5 p.m.



VA's Caregiver Support Line

[Caregiver Support Line [1-855-260-3274](tel:1-855-260-3274)] Assistance is just a quick phone call away - while you're supporting a Veteran, we're here to support you. Sometimes, the best thing to do is just talk it out. We have the support and information you need.

Our sole purpose is to help you - the wife or husband, mother or father, sister or brother, daughter or son, or loving family member or friend - who cares for a Veteran. Know that you deserve support, too, and you are eligible for assistance. VA's Caregiver Support Line has licensed caring professionals standing by. We can:

- Tell you about the assistance available from VA.
- Help you access services and benefits.
- Connect you with your local family Caregiver Support Coordinator at a VA medical center near you.

WOUND HEALING AND HYPERBARIC MEDICINE



St. Mary Wound Healing and Hyperbaric Medicine Center

1 Cornerstone Drive, Suite 500 | Langhorne, PA 19047 | 215.710.HEAL (4325)

The St. Mary Wound Healing and Hyperbaric Medicine Center is one of the first comprehensive wound care centers in Bucks County to offer Hyperbaric Oxygen Therapy (HBOT).

Nearly 7 million Americans are affected by hard-to-heal wounds resulting from a number of factors, including diabetes, poor circulation, trauma, vein disease, surgical incisions, and immobility. If you have a wound that is not responding to conventional treatments within four weeks, the experts at the St. Mary Wound Healing and Hyperbaric Medicine Center offer advanced healing therapies.

Areas of Expertise

- Diabetic ulcers
- Pressure ulcers
- Neuropathic ulcers
- Arterial ulcers
- Venous stasis ulcers
- Problematic surgical wounds
- Traumatic wounds

Hyperbaric Oxygen Therapy

During this treatment, the patient breathes 100 percent oxygen while relaxing in a pressurized chamber. HBOT helps to heal wounds in several ways, including increasing the amount of oxygen in the bloodstream. HBOT is approved for the treatment of diabetic wounds of the lower extremity, skin grafts and flaps, acute traumatic injury, and osteomyelitis. HBOT also is used to treat cancer patients experiencing complications following radiation therapy.

St. Mary Wound Healing and Hyperbaric Medicine Center is conveniently located just off Woodbourne Road in the Cornerstone Executive Suites near the Oxford Valley Mall.

WOUND HEALING AND HYPERBARIC MEDICINE



Lymphedema Therapy

St. Mary Medical Center | 1201 Langhorne–Newtown Road | Langhorne, PA 19047 | Level 2, Outpatient Building | **215.710.2223**

St. Mary Physical Therapy at Cornerstone | Cornerstone Executive Suites
1 Cornerstone Drive, Suite 400 | Langhorne, PA 19047 | **215.710.2223**

The outpatient Lymphedema Therapy program at St. Mary Medical Center helps people who are experiencing abnormal swelling of a body part (including but not limited to neck, arm, leg, breast, abdomen) caused by an excessive buildup of lymph fluid. Lower-extremity lymphedema is most commonly caused by chronic venous insufficiency (CVI).

Once you are diagnosed with lymphedema, we will need a written prescription from your doctor, and, depending on your insurance, pre-authorization to evaluate and treat your symptoms. Every patient's symptoms and response to treatment are different, so the specific course of treatment varies by individual. Generally, you should expect to be treated 3 to 5 times a week for 4 to 8 weeks.

Hours: Mon. to Fri. 8 a.m. – 8 p.m.

Sat. 8 a.m. – 12 p.m.

