

Senior Resource Packet



Welcome to Montgomery Township!

The **Montgomery Township Senior Volunteer Committee** has compiled a list of services that are currently offered to the Senior Community.

This is not a complete list and the Committee is always open to suggestions of other services that are available. To add additional services to the list, please contact the Recreation Department at 267-649-7200 or by email at parkandrec@montgomerytwp.org with information about the service and contact information.

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Transportation Services

SEPTA: SEPTA Senior Ride Free Program

- Seniors, age 65 and older, ride **free at all times** on SEPTA bus, trolley, subway, and Norristown High Speed services with proper ID.
- Senior fare on **Regional Rail** lines is just \$1 with a valid ID (PA Driver's license, a PA ID card, PA Senior Citizen Transit ID card, Railroad Retirement Annuity card, or Medicare card.)
- A block of ten discounted tickets may be purchased for \$8.50 at any rail ticket office or online at shop.septa.org.
- The application for a Senior Citizen Transit Identification Card is available to download online at <http://septa.org/fares/discount/pdf/senior-id.pdf> or may be obtained in person at the Customer Service location at 1234 Market Street. You will have to show identification.

Website: www.SEPTA.org

TransNet: The Shared Ride Program

- The Shared Ride Program is a reduced fare transportation program. Rides are provided in vans operated by local transportation companies.
- Reduced fares are available to riders who are willing to share their trip with other passengers. Persons 65 years of age or older are eligible and pay 15% of the shared ride fares.
- **To Register for Program:** If you are eligible you should complete the registration form, available online at <http://www.suburbantransit.org/programs/shared-ride-program/> and return the registration form along with proof of age to the TransNet address.

Suburban Transit Network, Inc.

Union Meeting Corporate Center

980 Harvest Drive, Suite 100

Blue Bell, PA 19422-1955

215-542-RIDE (7433)

Fax: 215-542-8877

Email: ride@suburbantransits.org

Health Services

Pennsylvania Dental Association:

- There are some Dental clinics that offer reduced cost dental care to eligible senior citizens.
- Go to www.padental.org. Click on **Dental Clinic Directory** under the **Resources & Programs** tab and then click on **Montgomery County**. The website then lists some clinics that may offer reduced cost dental services and contact information for those clinics. Donated Dental Services may offer free care.
- **Contact Info:**
Pennsylvania Dental Association
Phone: 717-234-5941

PACEplus- Prescription Assistance:

- PACEplus will work together with Medicare Part D and Retiree Prescription Coverage to help reduce the cost of prescriptions.
- **To Apply:**
Apply online: <https://pacecares.magellanhealth.com/>
Call: 1-800-225-7223
Email Address: PACECares@fhsc.com

Visiting Nurse Association:

- The VNA provides high quality health care in your home and in the community.

Abington Location

VNA –Community Services, Inc.
1421 Highland Avenue,
Abington, PA 19001
215-572-7880
Email: info@vnacs.org
www.vnacs.org

Norristown Location

VNA – Community Services, Inc.
1109 DeKalb Street,
Norristown, PA 19401
610-272-3373

APPRISE:

- This is a free health insurance counseling program designed to help older Pennsylvanians with Medicare. Counselors are specially trained staff and volunteers who can answer questions about Medicare and provide objective, easy-to-understand information about Medicare, Medicare Supplement Insurance, Medicaid and Long Term Care Insurance.
- **Appointments available:**
Tuesdays, 12:30 pm-3:30 pm at the Montgomery Township Community and Recreation Center, 1030 Horsham Road, Montgomeryville, PA 18936
Call Nancy Morris, APPRISE Counselor at 610-834-1040, ext. 82 to make an appointment.
- **Contact Information:**
Toll-free APPRISE Helpline is **1-800-783-7067**, all services are free and confidential.
<http://www.aging.state.pa.us>
Long Term Care Helpline: 1-800-753-8827
<http://www.aging.state.pa.us/longtermcare>

Tax Assistance

Pennsylvania's Property Tax/Rent Rebate Program:

- The Property Tax/Rent Rebate program benefits eligible Pennsylvanians age 65 and older; widows and widowers age 50 and older and people with disabilities age 18 and older.
- **Contact Information:**
PA Department of Revenue
Website: <http://www.revenue.pa.gov>
Phone: 1-888-222-9190

AARP Tax-Aide:

- Free tax help for taxpayers with low- and middle-income, with special attention to those ages 60 and older.
- **Contact Information:** Phone: 1-888-687-2277. Website: www.aarp.org/taxaide Email: member@aarp.org

Assistance with Bills

LIHEAP: Low-Income Home Energy Assistance Program

- LIHEAP helps low income families pay their heating bills. LIHEAP is a grant and it does not have to be repaid.
- LIHEAP offers both cash and crisis grants. Cash grants are for families who are paying their heating bills and crisis grants are for families who have an emergency and are in danger of being without heat.
 - Emergency situations include:
 - Broken heating equipment or leaking lines that must be fixed or replaced
 - The main heating source or second heating source (a source that is used to operate the main heating source or used if the main heating source is not working) has been completely shut-off
 - Lack of fuel, danger of being without fuel (less than a 15 day supply) or of having utility service terminated (received a notice that service will be shut off within the next 60 days)
 - If you have a heating emergency, contact:
Montgomery County Assistance Office – Norristown District
1931 New Hope Street
Norristown, PA 19401-3191
Phone: 877-398-5571
- **How to apply:** There are three different ways you can apply for LIHEAP:
 - You can apply for the LIHEAP benefits online by using COMPASS. COMPASS is the website where you can apply for LIHEAP and many other services that can help you make ends meet.
 - Download an application for LIHEAP benefits online at <http://www.dhs.pa.gov/citizens/heatingassistanceliheap/>
 - Go to your local county assistance office.
- For more information, please contact your local county assistance office or contact the LIHEAP hotline at **1-866-857-7095**, Monday through Friday (individuals with hearing impairments may call the TDD number at 1-800-451-5886).

Assistance for Elder Abuse or Elder Safety

Elder Abuse Information:

- If you or someone is in immediate danger, dial 9-1-1
- Administration on Aging U.S. Dept. of Health and Human Services:
www.aoa.gov
- National Center on Elder Abuse: www.ncea.aoa.gov/
- To report nursing home complaints, call the Pennsylvania Department of Health Nursing Home Complaint Line at: 1-800-254-5164
- To report elder abuse, call the Department of Aging's Elder Abuse Hotline at: 1-800-490-8505
- The Women's Center of Montgomery County: 1-800-773-2424
- Laurel House: 1-800-642-3150
- National Domestic Violence Hotline: 1-800-799-7233
- Pennsylvania Coalition Against Domestic Violence: www.pcadv.org
1-800-932-4632 (PA Only)
1-800-553-2508 (TTY)

Elder Safety:

- If you receive a suspicious telephone or person to person offer, check it out with the police, call the Better Business Bureau or contact your local consumer protection office. For more information on consumer fraud, please visit www.fraud.org or <https://www.ftccomplaintassistant.gov/>

Contact Information:

- Montgomery Township Police Department: 215-362-2301
- Better Business Bureau: 215-985-9313

Driving Services

Handicap Placards or Plates:

- In order to obtain a handicap placard or plate, you must be certified disabled by a physician, or in some instances a police officer or the Veterans Administration Regional Officer Administrator for a service connected disability.
- To obtain a Person with Disability Parking Placard, you must fill out form MV 145A; there is no fee.
- To obtain a Severely Disabled Veteran Placard or Motorcycle Decal, you must fill out for MV-145V.
- To obtain a Person with Disability Registration plate, you must fill out form MV 145; the fee is \$11.00.

- **To apply and obtain paperwork:**
 - You can obtain paperwork from your state representative's office:
Todd Stephens Office
515 Stump Road
North Wales, PA 19454
215-368-5165
 - or download the forms: MV 145A
<https://www.dot.state.pa.us/public/dvspubsforms/BMV/BMV%20Forms/mv-145a.pdf>
MV 145V
<http://www.dot.state.pa.us/public/dvspubsforms/BMV/BMV%20Forms/mv-145v.pdf> MV 145
<http://www.dot.state.pa.us/public/dvspubsforms/BMV/BMV%20Forms/mv-145.pdf>

Retired Person's Vehicle Registration:

- If you are retired and receiving Social Security or other pension and your total annual income from all sources is \$19,200 or less, you qualify to register your car or light truck for a \$10-a-year fee instead of the annual \$36 fee.
- You will need to complete form MV-371:
<https://www.dot.state.pa.us/public/dvsubforms/BMV/BMV%20Forms/mv-371.pdf>
- Call the Bureau of Motor Vehicles at 1-800-932-4600 for more information

Photo Licenses: Two-Year and Four-Year

- PA driver licensing period is four years. However, people at least 65 have the option of obtaining a two-year license. The two-year license renewal fee is \$19.00 (\$29.00 for a license with a Class M motorcycle designation) compared to the regular four-year license renewal fee of \$29.50 (\$49.50 for a license with a Class M motorcycle designation).

Photo Identification Card:

- If you are a licensed driver and have discontinued driving, you may surrender your regular license at a Driver Examination Center and apply for a photo ID card, form DL-81. The photo ID card clearly indicates that it is not a driver's license. It remains valid for a period of four years and costs only \$27.50.
- The photo ID card is available free to drivers ordered by the department to surrender their driver's license or who voluntarily surrender their driver's license for health reasons that may affect their ability to safely operate a motor vehicle.

For more information on any of the above services contact the PA Department of Transportation:

In-State (if calling from a # with a PA area code) 1-800-932-4600

Out-of-State 1-717-412-5300

Veterans Resources

- Montgomery County Veterans Affairs
 - Human Services Center
 - 1430 Dekalb St.
 - P.O. Box 311
 - Norristown, PA 19404
 - Phone: 610-278-3285
 - <http://www.montcopa.org/266/Veterans-Affairs>

- Benefits & Information, Veterans: 1-800-827-1000
- CHAMPVA (Health & Medical Care): 1-800-733-8387
- Education & Training: 1-888-442-4551
- Funeral/Burial Costs: 1-800-827-1000
- Gulf War / Agent Orange Helpline: 1-800-749-8387
- Health Care Benefits Hotline: 1-877-222-8387
- Helpline (Agent Orange & Gulf War): 1-800-749-8387
- Home Health Aide Program Coordinator, 1-855-260-3274
- Home Loan Eligibility Center: 1-800-827-1000
- Homeless Veterans: 1-877-4AID-VET (424-3838)
- Life Insurance: 1-800-669-8477 or Veterans Group Life Insurance: 1-800-419-1473
- National Cemetery, Indian Gap: 1-717-865-5254
- National Cemetery, Philadelphia: 215-504-5610
- Telecommunication Device for the Deaf (TDD): 1-800-829-4833
- VA Outpatient Clinic, Allentown: 610-776-4304
- VA Medical Center, Coatesville: 610-384-7711
- VA Medical Center, Philadelphia: 1-800-949-1001 or 215-823-5800
- Veterans Crisis Line 1-800-273-8255, Press 1

Things to Do

Horsham Township Library:

435 Babylon Road, Horsham, PA 19044

- The Horsham Township Library is a full-service, free of charge library, available to all Montgomery Township Residents with a library card that includes an Access Pennsylvania sticker. It is approximately 7 miles from the furthest end of the Township. The staff is friendly and helpful.
 - Hosts a book discussion group facilitated by Librarian Erin Halovanic the last Tuesday of the month from 6:45 pm – 8:00 pm. All interested readers are welcome. To register, telephone Erin Halovanic at 215-443-2609, ext. 208 or email Erin at ehalovanic@mclinc.org.
 - Has computers for public use in the adult reference section. Inquire at the library desk.
 - Café Area

PEAK Center:

1292 Allentown Road, Suite A, Lansdale, PA 19446

215-362-7432

www.peakcenter.org

- The PEAK Center is an actively center for all Montgomery County Residents 55 years of age and over.
- The center is located in Lansdale and can be reached by TransNET.
- This is not a daycare center but is accessible to wheelchair and walker clients who want to be active.
- A low cost hot meal is served daily.
- Many trips, classes, games, and program are available for a \$20 membership fee, which includes a monthly newsletter and a free program membership to the YMCA (\$50 value).

- The PEAK center will soon move to the North Penn Commons. When completed, the North Penn Commons will be adjacent and connected to the North Penn YMCA at 608 E. Main Street, Lansdale, PA. 19446.

North Penn School District- Gold Card Program:

- Any North Penn School District resident age 60 or older is eligible to be a member of the GOLD CARD CLUB. The GOLD CARD CLUB card is nontransferable. A GOLD CARD may be used for free admission to the musical, dramatic and athletic events sponsored by the school district. Card holders are also encouraged to enroll in the Community Education Program and the Community Aquatic Program for a variety of classes and recreational activities without paying the usual registration fees. Members are entitled to one class each term for no charge or at the GOLD CARD reduced rate.
 - If you have a question about the GOLD CARD CLUB or wish to obtain a membership card, please call the Community Services Office at 215-853-1028 or 215-853-1029.
 - Announcements about school district events may be heard by calling the district's INFORM-A-PHONE, 215-368-7663, or by watching Verizon-FIOS TV channel 29 and NPTV Comcast Cable channel 28.

Senior Volunteer Organizations

RSVP of Montgomery County (Retired Senior Volunteer Program):

- RSVP has been the critical link to help mature residents interested in community service find just the right challenge.
- For more information:

901 E 8th Ave
King of Prussia, PA 19406
Phone: 610-834-1040
Fax: 610-834-1087
rsvpcentral@rspvmc.org
www.rsvpmc.org

Senior Companion Program:

- Senior Companions are healthy older adults who help other seniors (60 years+) live independently. Individuals helped by the Senior Companions receive free:
 - Assistance with important daily tasks
 - Encouragement to remain active
 - A helping hand to make sure they take their medicine
 - A watchful eye to notice when they need extra care
 - A friendship that can last a lifetime

- Volunteers receive a modest tax-free stipend

- **Contact Information:**

Family Services of Montgomery County – North Penn Office
1715 Sumneytown Pike, Suite 203A
Box 1197
Kulpsville, PA 19443
Phone: 215-368-0985

Abington Health/Lansdale Hospital:

- Lansdale Hospital is seeking special people of all ages to volunteer in clinical and non-clinical areas. Hours are flexible, and we will make every attempt to pair each applicant with an assignment that meets his or her special interests.
- **Contact Information:**
Volunteer Office
100 Medical Campus Drive
Lansdale, PA 19446
Phone: 215-361-4619
Email: amh-volunteer@abingtonhealth.org

Other Senior Resources

Benefits and Rights for Older Pennsylvanians: PA Department of Aging

- Obtain this booklet from the Township Building or State Representative's offices.
- A .pdf version can also be downloaded by using this URL:
<http://www.aging.pa.gov/publications/benefits-and-rights/Documents/2016BenefitsRights.pdf>

Senior Directory- Free Senior Resource Guide:

- Free senior resource guide are available at most of the gathering places for seniors. For more information, please call 1-800-955-8510 or www.seniordirectory.com.

Montgomery County Office of Aging and Adult Services:

Human Services Center
1430 DeKalb Street
2nd Floor
Norristown, PA 19404
(Enter building from Fornance Street)
610-278-3601

Meals on Wheels:

- This program delivers two meals each day to community members, regardless of their ability to pay.
- Generations of Indian Valley: Generations provides the Meals on Wheels program for both the Indian Valley and North Penn Area.
<http://generationsofiv.org/meals-on-wheels>
- To volunteer for Meals on Wheels or to inquire about eligibility to receive meals call (215)-723-5841
- Any initial applications must go through Montgomery County Office of Aging and Adult services.

CONTACT Greater Philadelphia – Reassurance Call for Seniors

- A free daily telephone call to the elderly or homebound individual who lives alone.
- **Contact Information:**
 - P.O. Box 167
 - Richboro, PA 18954
 - Phone: 610-649-8102

Experience Works

- This organization helps people who are 55 years old or older who need to work. The program helps with training and finding employment opportunities for Seniors.
- **Contact Information:**
 - Call Toll free – 1-877-314-7383
 - Local State Office Shamokin – 570-486-4041
 - Experience Works, Inc.
 - 2 East Arch Street
 - Shamokin, PA 17872
 - Pennsylvania Home Page –
http://www.experienceworks.org/site/PageServer?pagename=State_Pennsylvania_Home_Map