

# MOUNT VERNON



Fall 2021

## Maintenance Transitions

Bob Hess will be retiring after over 30 years at Mount Vernon! Bob did not want any fuss but we will have a card shower for him. If you would like to contribute a card put it in the drop box or give it to Patty or Lydia and they will see that Bob gets it. We are happy for Bob though we all will miss him. Luminest has hired one maintenance mechanic, Steve Vanpelt, and is in the process of hiring another so there will be some new faces around Mount Vernon in the months ahead



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## Resources & Info

### Heating Assistance (LIHEAP) Enrollment Now Open

LIHEAP is a federally funded program administered by DHS that provides assistance for home heating bills, so low-income Pennsylvanians can stay warm and safe during the winter months. The LIHEAP application period has been extended for this season, and is open from today through May 6, 2022. Families will see an increase in the minimum LIHEAP cash grant from \$200 to a minimum grant of \$500, and an increase in the maximum cash grant from \$1,000 to a maximum of \$1,500.

LIHEAP is distributed directly to a household's utility company or home heating fuel provider in the form of a grant, so the individual or households do not have to repay assistance.

Maximum income levels to qualify are 19,320 for 1 person household, 26,130 for 2 people, 32,940 for 3, 39,750 for 4. For every additional person, add \$6,810

There are two ways to apply for LIHEAP:

**Online:** Apply for benefits online using [COMPASS](#), the online tool for Pennsylvanians to apply for health and human service programs and manage benefit information.

**On paper:** You can download a paper application, print it, fill it out, and return it to your local county assistance office which for Franklin County is:

Franklin County Assistance Office

620 Norland Avenue

Chambersburg, PA 17201

You SSC Lydia can provided you with an application and help you apply. Call her at 717-977-3900 ext 110 to schedule an appointment

# Medicare Open Enrollment and Medicare Counseling

**Medicare open enrollment is October 15th-December 7th.** During this period each year Medicare beneficiaries can join, switch or drop their Medicare Part D or Medicare Advantage Coverage. Medicare Part D and Medicare Advantage plans change the coverage costs each year so it is important to review your plan and compare it to others on the market that are available to Franklin County residents.

There will be health counselors available during open Annual Open Enrollment Period to help you understand your options in comparing Part D and Medicare Advantage plans. This counseling program was previously known as AP-PRISE but is now renamed PE MEDI. **Scheduling for free Medicare counseling appointments is now open. To schedule call PA MEDI-Franklin County Area Agency on Aging at 717-263-2153 or email [pamedi@franklincountypa.org](mailto:pamedi@franklincountypa.org)**

## Emergency Rental & Utility Assistance



If you are behind on rent, utilities, or both there may currently be help. You may qualify if you:

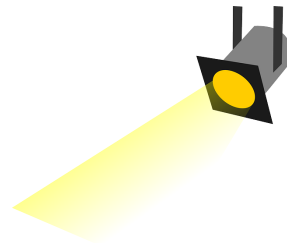
- Had either increased expenses due to the pandemic or a loss of income. This can be indirect. Some examples of an increase in household expenses due to covid are: new or increased health care costs, at-home care for someone with covid, funeral expenses, purchase of personal protective equipment, food & medicine or transportation costs associated with covid. Some examples of a reduction in household income due to covid are sickness and inability to work, reduced hours and reduced wages.
- Are behind on either rent or utilities. You must currently owe rent or utilities and be considered late to receive assistance with them and future rent & utilities through the ERAP program

If you are deemed eligible for assistance the program will cover back rent/utilities and fees *and may also cover a few months of future rent and utilities.* If you are interested in applying call Lydia and make an appointment and she can assist you with applying. The program is expected to last until funds are exhausted or Sept. 20,2022.

# Summit Care Plan Became Wellspan Financial Assistance Plan and Requires New Application

If you formerly participated in the Summit Care Plan and have not yet done so you will need to reapply to remain eligible as the service switched to the Wellspan Financial Assistance program and requires a new application. Please note, after applying you will also no longer be mailed a card but instead be verified using an online system. For an application see Lydia. For assistance with your application or further questions call our Wellspan Health Worker, Brooke at extension 124.

## Resource Spotlight:



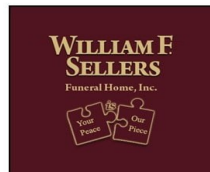
Restoration Church on 66 West Main Street in Waynesboro is beginning a new food and clothing pantry and dinner program. They will host monthly dinners for residents of the Waynesboro area the last Thursday of the month starting September 30th from 6:30-8:30 pm. Afterwards participants will be invited to visit the food and clothing pantry. (The **clothing pantry opens at the end of January**).



Please RSVP to Jennifer Ancruem at 301-851-1168 or send an email to [jlancruem@gmail.com](mailto:jlancruem@gmail.com). The church is also looking for food volunteers if you are interested in assisting. \*

\*Luminest is not affiliated with and does not endorse any agencies or churches listed.





The Salvation Army, Chambersburg  
& William F. Sellers Funeral Home



**ONE DAY ONLY**  
**Thursday, November 18th**  
**10:00 am - 6:00 pm**



**159 Lincoln Way West**  
(In the Soup Kitchen/ Multi Purpose Room)

Some form of ID will be required for each  
child in need of a coat ages 2-12 years.

**\*All others in need of a coat will be given a  
voucher to our Thrift Store.**

Donations of new and gently used kids coats accepted  
Oct. 25th-Nov. 12th 2021 at William F. Sellers Funeral  
Home. 297 Philadelphia Ave. Chbg, PA 17201



## Save the Date-Veteran Expo

Friday, March 25th, 2022. 9am-2pm at Chambersburg  
Mall, 3055 Black Gap Road

For more info contact Franklin County Veterans Affairs  
425 Franklin Farm Lane Chambersburg, PA 17201



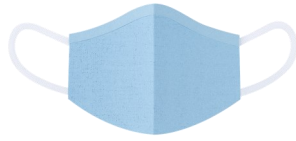
## **Holiday Supplies at Waynesboro Community and Human Services for Those In Need**

Waynesboro Community and Human Services hosts a Thanksgiving and Christmas Distribution Day for those in need. The Thanksgiving distribution day makes turkeys or roasting chickens available for families to prepare at home and the Christmas day includes a box of food to prepare a holiday meal and gifts. To sign up visit [wchs-pa.org](http://wchs-pa.org) or call 717-762-6941. They also are participating in raffles to win supplies to host a birthday party for a boy or girl each month. To get your child's birthday raffle ticket stop in the office (123 Walnut St, Waynesboro) or send them a private message on their WCHS Facebook page.



With the holiday season approaching Luminest wants to make sure we are available to meet with you if you have a need. We recommend scheduling appointments ahead of time to ensure that staff are available to meet to make sure we don't miss you! Luminest Offices including Mount Vernon will be closed for Veterans Day, Thanksgiving and Black Friday in November and management and supportive services will both be out around the end of December for the holidays.

## Health Precautions



Waynesboro has seen an increase in covid transmission and hospital cases within the past couple of months. Due to the rates of transmission in Franklin county we are following the following precautions:

- **Masks are required again regardless of vaccine status when in the Mount Vernon offices and at Mount Vernon events.**
- **The Mount Vernon Community room is currently unavailable for residents to reserve**
- If you have symptoms of illness such as fever or a cough that is not allergies or think you were exposed to covid please stay home
- **If you test positive for covid please make management aware.** This information will be kept confidential.

**Keystone Health will be at Mount Vernon providing Moderna covid boosters on November 8th between 9am and 10:45 am. You must schedule an appointment with Lydia ahead of time. See enclosed flyer if interested for more info on how to schedule and who is eligible for a booster.**



# Online Workshops

**Cancer Survivor Education Series:** “Embracing Calm”-November 9th, noon-1pm. Regain control of your mind and turn off the worry of recurrence. Learn how to move forward with family, work and your health.

“Walking Away from Cancer” Physical Activity Presentation-December 14, noon-1pm. Combat fatigue, regain your strength, and learn about easy activities to incorporate into your lifestyle.

Register at [wellspan.org/events](https://wellspan.org/events)

**Holiday Wellness Workshops:** Discuss three concepts to managing wellness over the holidays: staying moving, choosing health foods, and managing stress. November 11th from noon-1:30pm and November 17th 5:30-7pm.

Register at [wellspan.org/events](https://wellspan.org/events)

## Managing Diabetes

Classes begin November 9 | 6:00 - 7:00 p.m.

Virtual Classes, Tuesdays

Zoom link will be sent to individuals once registration is completed.

For questions, call 717-262-4602.

Week One-Diabetes 101, Week Two-More About Diet, Week Three-Thanksgiving Is Coming, Week Four-Staying Motivated

Register at [wellspan.org/events](https://wellspan.org/events)

## My Teen Won't Talk With Me! Strategies for Building Trust and Communicating Effectively

Have you ever asked a teen how they are doing, only to be met with a one-word reply?

Talking with teens can be hard. Depression makes it harder.

**Join us for our free webinar on Tuesday, November 9, 2021, at 7:00 pm EST** to learn how parents and caring adults can work toward open communication with teens! Register at <https://familyaware.org/register-for-teen-communication-webinar/>

# Mount Vernon Events



## Fresh Express

Fresh Express is a food program that is offered through Central PA Food Bank in Harrisburg. This is an in person food selection event held at the Valley Terrace Community Center on usually the last Tuesday of the month. Residents bring bags and make food selections from items provided by the Central PA Foodbank. Usually there is a protein, milk, eggs, cheese, fresh produce and dry goods. You will receive your time for the upcoming Fresh Express at the previous Fresh Express but if you did not attend and receive a time you are welcome to come at 11:30. November's Fresh Express will be **Tuesday, November 30th.**

Senior boxes (CSFP & Eldershare) with additional shelf-stable items are also available for those who meet eligibility income levels (\$18,210 and below for 1 person, \$24,690 for 2 person household) and are age 60+. You must enroll ahead of time for these programs and commit to picking up your box every month. If interested schedule a time with Lydia to enroll.



## Winter/Holiday Door Decorating Contest



**Join the Mount Vernon Door Decorating Contest!** Decorate the door to your apartment/unit in something festive. It can be holiday themed or simply celebrate the season! The winner will receive a prize and have a photo of their door posted to our social media.

Doors will be judged Friday, December 17th.

**We are looking for creativity & originality.**

**Follow these rules for your chance to win:**

- 1. Do not include any items that may cause a fire hazard**
- 2. Decorations cannot block the doorway**
- 3. No adhesives are allowed on the door itself**
- 4. Painting or physically altering the door or unit is not allowed**



## Survey Winner

Thank you to everyone who completed and returned their Mount Vernon Survey! The winner of the drawing of those who returned their surveys was apartment #31! They received a \$50 gift card to Walmart!



## Mount Vernon Resident Council Meeting

Come out to the next Mount Vernon resident council meeting on Wednesday, **November 10th** at **1pm** in the Mount Vernon community room.



Enjoy a treat from  
Luminest!



**Keystone Mobile Covid  
Vaccine Booster Clinic  
to Visit Mount Vernon  
Nov. 8th!**

See enclosed flyer for more info.  
Registration required

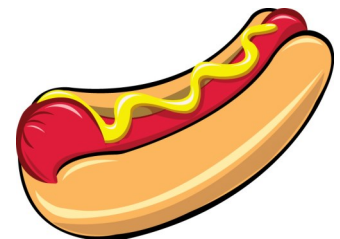
# September Block Party Recap



Thanks to everyone who braved the rain and came out to the annual block party! We enjoyed delicious (and huge!) gourmet hotdogs from Chicago Charley's, music from DJ Ryan, Yu face painting and Antietam Dairy Ice Cream!



For those who asked about where they can get more Chicago Charley hotdogs, they are located at 11885 Buchanan Trail East and open Tuesday-Thursday from 11am-4pm and Friday & Saturday from 11-7.



## Waynesboro Upcoming Events

**Waynesboro Trick or Treat Night-** 6-8 p.m. Sunday, Oct. 31

### **Tree Lighting Ceremony and Holiday Parade-**

Friday, November 19th & Saturday, November 20th

Tree Lighting 19th at 6:30 pm & Parade Saturday at 2pm

One of Waynesboro's treasured annual traditions, the Christmas Tree Lighting Ceremony launches the Yuletide Season in downtown Waynesboro with music and festivities. People gather in Center Square to enjoy live entertainment, a 6-foot tall candy cane, Santa's "elves" distributing treats to children, hot chocolate and other goodies, and to watch the illu-

### **Waynesboro Annual New Year's Boro Blast!**

**December 31**

**5-7:30 pm**

Bring the kids! The yearly Boro Blast will take place at Main St. Park, located at 25 East Main St. in downtown Waynesboro. From 5 to 7:30 PM, Waynesboro will once again host a can't-miss family-friendly celebration to ring in the new year, complete with free goodies, food trucks, hot cocoa, and a countdown to the biggest balloon drop around!

## **Family Story Walks & Children's Goody Stands–** Fol-

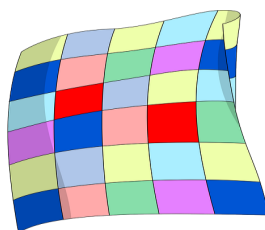
low WASD Be the Village on Facebook for updates on upcoming Waynesboro story walks and to learn locations of Be the Village Stands around town that are periodically stocked with learning and play goodies for children! If you do not have internet/Facebook access Lydia will be happy to research upcoming events for you

**Adult and Family Nature Events–** visit <https://natureandcultureinstitute.org/> for upcoming The Institute event listings such as Family Owl Walks and Winter Sky Gazing. If you do not have internet access and want a list of upcoming events contact Lydia



## **Crochet/Knit Volunteer Opportunity**

The Alexander Hamilton Memorial Free Library is looking for local residents who can crochet or knit to help them make blankets for two local programs. You can make a blanket rectangle using their pattern or a full blanket for Crisis Intervention to be used when crisis is called out to a site or you can make a baby blanket to be donated to Sweet Grace Ministries for their pregnancy loss program. The library has kits containing yarn, a pattern and crochet hooks. There are some size and material specifics so stop by the library and ask for more details and your pattern. If you are housebound and would like to participate contact your supportive service coordinator Lydia at extension 112 and she can assist with getting the kit and dropping off the finished blanket square or blanket.



Reminder: Smoking is prohibited within 25 feet of Mount Vernon buildings including apartments.

Thank you

## Fall Energy Saving Tip

You can reap more fall energy savings by using the power of the sun. Open curtains and drapes when the sun shines through your windows. Solar heat through a well-insulated window can raise the temperature in a room by several degrees — without your heater having to do extra work. When the sunlight fades, pull your curtains tightly closed to add another layer of insulation between the cold outdoors and the rooms of your home. For even more insulation consider using insulated curtains.



*Those we love can never be more  
than a thought away, for as long  
as theres a memory they live in  
our hearts to stay.*

365Quotes.In



### **Maintenance calls—**

When calling in a work order, please speak clearly/slowly and provide: name, address (development name), and issue. Maintenance will return your call—however, if your phone blocks unknown calls they will not be able to reach you. Please remove this feature when waiting for a return call.

Work Orders will be completed in the order they are received unless it is an emergency that needs completed in 24 hours.

### **Examples of emergencies are (but not limited to):**

Plumbing leaks which could flood the unit or cause damage; Electrical hazards; No heat; Clogged toilet or clogged tub, if on a weekend and have no second tub and/or toilet; and completely clogged kitchen sink.

*All other work orders will be handled as time permits. Changing light bulbs, etc. is not considered an emergency—no power or flooding is considered an emergency.*

#### **Dates to Remember**

11-08 Keystone Mobile Booster Vaccine Clinic at Mount Vernon

11-10 Mount Vernon Resident Council

11-30 Fresh Express

12-17 Door Decorating Contest Judged

# October Mount Vernon Staff Schedules

Patty Phillips (Management)- Mount Vernon: Mon-Thurs 9-3:30, Friday 8:30-12:30

Lydia (Supportive Services) – Mount Vernon: Mondays & Wednesdays 9-4, ext:110.



## **Contact Information:**

Call 717-977-3900

**Patty Phillips** (Management) Ext 109 or email at [pPhillips@luminest.org](mailto:pPhillips@luminest.org)

**Lydia Frech** (Supportive Services) Ext 110 or email at [lfrech@luminest.org](mailto:lfrech@luminest.org)

**Wellspan Community Health Worker**—Our community health worker Brooke can be reached at extension 124. Her office is in the Valley Terrace Community Center and she is generally there on Fridays from 12:30-4:30 but appointments are strongly recommended. Please note, Brooke has access to Wellspan health records and doctors will speak with her but she is **NOT a nurse**. Consider her a liaison to assist with communication with Wellspan or your health insurance.

**When mailing payments please use our office address:**

**Luminest**

**82 W. Queen Street**

**Chambersburg, PA 17201**

**717-977-3900**

**[www.luminest.org](http://www.luminest.org)**