## FREQUENTLY CALLED NUMBERS

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>St. Mary Medical Center</td>
<td>215.710.2000</td>
</tr>
<tr>
<td>1201 Langhorne-Newtown Rd</td>
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<tr>
<td>Langhorne, PA 19047</td>
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<tr>
<td>Main Number</td>
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<tr>
<td>Central Scheduling</td>
<td>215.710.2208</td>
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<tr>
<td>– Routine Testing appointments</td>
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<tr>
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<td>Lab blood collection is available:</td>
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<tr>
<td>Mon. to Thurs. 7 a.m. to 6 p.m.</td>
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<td>Fri. 7 a.m. to 4 p.m.</td>
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<td>Sat. 7 a.m. to 12 p.m.</td>
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<tr>
<td>St. Mary LIFE</td>
<td>267.991.7600</td>
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<tr>
<td>Home Care</td>
<td>267.569.0760</td>
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<td>Medical Records</td>
<td>215.710.2084</td>
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<td>Outpatient Therapies</td>
<td>215.710.2223</td>
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<tr>
<td>Pain Management</td>
<td>215.710.PAIN</td>
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<tr>
<td>Physician Referral</td>
<td>1.844.7 ST MARY</td>
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<tr>
<td>St. Clare Retail Pharmacy</td>
<td>215.710.7427</td>
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<tr>
<td>– Medical Office Bldg., Main Floor</td>
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<tr>
<td>Hours: Mon. to Fri. 7:30 a.m. to 5:30 p.m.</td>
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<td>215.710.2208</td>
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<td>267.560.1100</td>
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<td>Wellness Center</td>
<td>215.710.6861</td>
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<tr>
<td>Wound Healing</td>
<td>215.710.4325 (HEAL)</td>
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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 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.
For more information about Advance Healthcare Directives, living wills, or healthcare agents, contact:

St. Mary Medical Center Spiritual Care  
215.710.5902

St. Mary Medical Center Palliative Care  
215.710.5036

Bucks County Area Agency on Aging  
215.348.0510

Pennsylvania Department of Aging  
717.783.1924
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
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
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).
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.
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** - Providers 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
Bereavement Support Group – St. Mary Medical Center  
St. Mary Spiritual Care | Ground Floor, near Chapel | 215.710.5902  
Open Bereavement Sessions are offered to anyone who is experiencing grief. Sessions held the first and third Thursday of every month from 2:00 - 3:30 p.m.

Bereavement Support Groups - Archdiocese of Philadelphia  
Bucks County Locations

St. Andrew Catholic Church: General Bereavement Support Group: A 5-week support group titled “Grieving the Death of a Loved One.”  
Motherhouse of the Grey Nuns | 1750 Quarry Rd, Yardley, PA.

Men’s One-on-One Bereavement: Offering comfort and support to grieving men from gentlemen in the parish.  
St. Andrew Catholic Church | 81 Swamp Rd. | Newtown, PA 18940  
215.968.2262, Ext 26

Assumption BVM: General Bereavement Support Group: meets weekly in the rectory meeting room.  
Assumption BVM | 1900 Meadowbrook Rd. | Feasterville, PA 19053  
215.357.1221

Chandler Hall Hospice Bereavement Group  
215.860.4000, Ext 1408  
Group meets monthly.

GriefShare Group  
Find a group near you | http://www.griefshare.org/  
GriefShare is a friendly, caring group of people who will walk alongside you through one of life’s most difficult experiences. You don’t have to go through the grieving process alone. Groups meeting weekly at locations throughout Bucks County.
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. BCAAA 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
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.
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.
Select Cancer Screening Tests | How Often?
--- | ---
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
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.

- 5 weeks (~90 minute interactive session each week)
- Free
- Day and Evening Sessions Available
- Held at various locations throughout Bucks County including Bensalem, Bristol, Doylestown, Langhorne and Warminster.
CANCER RESOURCES

Cancer Support Groups
The St. Mary Cancer Support Group Series provides lectures, workshops, and activities for people living with any kind of cancer and their families. All support group meetings are held in the Cancer Center Conference Room, unless otherwise noted.

St. Mary Regional Cancer Center | Ground Floor Outpatient Care Facility
For more information contact Josephine Wagner Costalas, MS, CN-BA, Genetics Assistant & Certified Navigator by email at Josephine.Costalas@stmaryhealthcare.org or call 215.710.4512

Hope & Cope Women’s Support Group
A supportive discussion group open to all women with any type of cancer diagnosis and stage in treatment who are newly diagnosed, currently in treatment and beyond. Held the fourth Tuesday of every month | 5:30 - 7:00 p.m.
St. Mary Regional Cancer Center | Ground Floor | Outpatient Care Facility
215.710.4512

Cancer Support Group - Calm Your Mind
Learn simple ways to reduce stress with Holistic Health therapist Donna Sullivan, St. Mary Medical Center. Held the third Tuesday of every month | 11:00 a.m. – 12 p.m. | St. Mary Regional Cancer Center | Ground Floor | Outpatient Care Facility | 215.710.4512

Cancer Support Group - Guided Meditation And Imagery For Relaxation
Held the first Tuesday of every month 11:30 a.m. - 12:30 p.m. | 215.710.4512

Cancer Support Group - Journaling Workshop
Experience the powerful benefits of journaling - increase clarity, reduce stress, and gain insight to your inner thoughts. Facilitated by Holistic Health therapist Sr. Pat Warman, St. Mary Medical Center. Held the third Tuesday of every month 1:00 - 2:00 p.m. | St. Mary Regional Cancer Center | Ground Floor | Outpatient Care Facility | 215.710.4512

Prostate Cancer Support and Education Group
Held the second Monday of every other month 6:30 – 8:00 p.m. St. Mary Regional Cancer Center | Ground Floor | Outpatient Care Facility | 215.710.2493
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
Women may have symptoms that differ from men. While chest pain is often a key warning sign of a Heart Attack, some women who have a Heart Attack do not experience chest pain. A woman’s pain, may be in the back, arm, neck, shoulder, and/or throat. Also, women will typically have more “non-pain” symptoms than men. These include vomiting, nausea, fatigue and shortness of breath.

If you are experiencing the symptoms of a Heart Attack, e.g. chest pain, shortness of breath, etc., call 9-1-1 immediately. Delaying your arrival at the hospital can increase your risk of dying. Do not drive yourself or someone else having a Heart Attack.

Take one regular strength (preferably non-coated) aspirin or 4 baby aspirin, and chew the aspirin(s) to increase absorption into your system. The aspirin works to thin the blood, allowing more oxygen-rich blood to get through the narrowed artery to your heart. Aspirin has proven to reduce fatality by about 25% in Heart Attack victims.

If someone you know is having a Heart Attack, call 9-1-1 and have them chew and swallow an aspirin. If they are unconscious, first call 9-1-1, and then begin mouth-to-mouth resuscitation (CPR) to provide oxygen to the brain, heart, and the rest of the body. If you are unfamiliar with how to perform CPR, the emergency personnel on the phone line can assist you until help arrives.
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 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 had 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.
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.
Heart Failure Self-Care Program

St. Mary patient’s diagnosed with heart failure: St. Mary Transition Nurse | 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

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.

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.
St. Mary Diabetes Education Center –
Diabetes Self-Management Course
St. Mary Diabetes Management Center | Franciscan Medical Building, Suite 301
1205 Langhorne-Newtown Road | Langhorne, PA 19047 | www.stmaryhealthcare.org/diabetes
To register or for additional class information call 215.710.5812
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 and takes place over 3 straight days or evenings.
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 improve-
ment 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≥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

**Social Security Administration**

444 Lincoln Highway | Fairless Hills, PA 19030 | 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:

**Eagleville Hospital**

100 Eagleville Rd | Eagleville, PA | 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

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

<table>
<thead>
<tr>
<th>DURABLE MEDICAL EQUIPMENT &amp; MEDICAL SUPPLIES</th>
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<th>Bucks County</th>
<th>Phone</th>
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<tbody>
<tr>
<td>All Medical Supply</td>
<td>Southampton, PA</td>
<td>215.355.4886</td>
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<tr>
<td>American Home</td>
<td>Bensalem, PA</td>
<td>215.396.9009</td>
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<tr>
<td>Apria Healthcare</td>
<td>Trevose, PA</td>
<td>215.436.1333</td>
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<td>Baird</td>
<td>Glenside, PA</td>
<td>215.884.2990</td>
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<td>Brotherston</td>
<td>Bensalem, PA</td>
<td>215.633.7300</td>
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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 Holistic Services
St. Mary Medical Center | 1201 Langhorne–Newtown Road | Langhorne, PA 19047 | Ground Floor, St. Clare Building | 215.710.6948

Holistic Therapies include massage therapy, clinical hypnosis, reflexology, deep-breathing techniques, and lifestyle enrichment classes to enhance relaxation, decrease pain and emotional stress. **Free parking is available in the garage.**

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

**Your Wellness is Our Priority!**

At the St. Mary Wellness Center, you’ll find a variety of services and programs designed to meet your lifestyle goals in a safe, supportive, and supervised medical environment. Our programs incorporate a holistic approach that promotes the wellness of mind, body, and spirit.

St. Mary Wellness Center Services
- Fitness Gym Senior Memberships available.
- Group and Individual Fitness Classes

**Free parking is available in the garage behind the hospital.**

**Facility Hours:** Mon. to Fri. 5:30 a.m. – 9 p.m. Sat. & Sun. 7:30 a.m. – 3 p.m.

St. Mary Wellness Center, Bensalem
2546 Knights Rd | Bensalem, PA 19020 | 215.245.8563, Ext 2.

The St. Mary Wellness Center in Bensalem provides nutrition & fitness classes for adults & youth. No fees apply.
St. Mary Wellness Center –

**Medically Supervised Programs**

St. Mary Medical Center  |  1201 Langhorne–Newtown Road  |  Langhorne, PA 19047  |  Level 2, Outpatient Building  |  215.710.6861

St. Mary Wellness Center Services

- Outpatient Rehab helps people recovering from orthopedic injuries, back and neck injuries, arthritis, neurological disorders and other medical conditions. Physician prescription required.

- Medically Supervised Programs for people living with heart disease, asthma, diabetes, or recovering from weight-loss or joint-replacement surgery. Personalized medically supervised programs of cardiovascular conditioning, strength and flexibility training, nutrition counseling, and health education. Physician prescription required.

Check with your insurance provider regarding coverage for Outpatient Rehab and Medically Supervised Programs.

Free parking is available in the garage behind the hospital.

**Facility Hours:** Mon. to Fri. 5:30 a.m. – 9 p.m. Sat. & Sun. 7:30 a.m. – 3 p.m.

**Silver Sneakers**

215.710.6861

Medically based fitness program designed by certified Exercise Physiologists. Programs are designed based on individual need and fitness level. Medicare Eligible Seniors. Consult with secondary insurer for eligibility. **Registration required.**

**Strong Women Program**

St. Mary Medical Center  |  1201 Langhorne–Newtown Road  |  Langhorne, PA 19047  |  Level 2, Outpatient Building  |  215.710.6861

Progressive fitness program to increase bone density for women Ages 55+. Program fees apply. **Registration required.**

**Strong Senior Wednesdays**

St. Mary Wellness Center Bensalem  |  2546 Knights Rd.  |  Bensalem, PA 19020  
215.245.8563, Ext. 2

Progressive fitness program to increase activity and flexibility for those 55 yrs and older (men and women).
Fall Prevention & Home Safety
St. Mary Trauma Prevention

Matter of Balance Workshops | 215.710.7078

8 weeks. Program for older adults to address fear of falling. Education on home safety, medication management, how to get up from a fall and more. Balance exercise program is also included. Older Adults. No fee. Registration required.

Four things YOU can do to prevent falls
1. Begin a regular exercise program - Exercise is one of the most important ways to lower your chances of falling and improve balance and coordination. Lack of exercise leads to weakness and increases your chances of falling. Ask your doctor or health care provider about the best type of exercise program for you.
2. Have your health care provider review your medicines - As you get older, the way medicines work in your body can change. Some medicines, or combinations of medicines, can make you sleepy or dizzy and can cause you to fall.
3. Have your vision checked at least once per year - Poor vision can increase your chances of falling.
4. Make your home safer - Remove things you can trip over from stairs, remove small throw rugs and use double-sided tape to keep rugs from slipping. Have handrails and lights put in on all staircases. Have grab bars put in next to your toilet and in the tub or shower. Use non-slip mats in the bathtub and on shower floors. Keep items you use often in cabinets you can reach easily without using a step stool. Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.

Vestibular Center (for Dizziness)
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. The Vestibular therapy program to help people who suffer from dizziness due to inner ear or neurological problems.

Hours: Mon. to Fri. 8 a.m. – 8 p.m. Sat. 8 a.m. – 12 p.m.
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 or Our Lady of Fatima, Bensalem). 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
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

Martha’s Choice Marketplace
Fatima Catholic Outreach Center | 2913 Street Road | 215.639.4254
Tues. 3 – 6 p.m. and Thurs. 1 – 4 p.m.

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 Richlileu 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/Penndel
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.
Catholic Health Care Services – Geriatric Assessments
Catholic Health Care Services  |  2505 Trenton Rd  |  Levittown, PA 19056
267.663.9683

In-home Geriatric Assessment for frail older adults age 60+ who are either transitioning home from a skilled nursing stay, or living in the community with limited supports. Certified Geriatric Care Managers evaluate, plan, coordinate, advocate and support individual needs and preferences for seniors.

The geriatric assessment takes 1 – 1½ hours to complete in the senior’s home and includes an assessment of how well the senior can manage their daily life, medical conditions and their home environment:
1. Activities of Daily Living
2. Full medical assessment
3. Full financial review
4. Mental health assessment (including geriatric depression scale assessment)
5. Social assessment
7. Medication Review
8. Home Safety

Information is shared with your Primary Care Physician.
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.
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.
**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.
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.
<table>
<thead>
<tr>
<th>Company</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Guardian Angels</td>
<td>215.295.6200</td>
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<tr>
<td>Holy Redeemer Support Services</td>
<td>215.698.3719</td>
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<tr>
<td>Home Helpers</td>
<td>215.631.9126</td>
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<tr>
<td>* Home Instead</td>
<td>215.943.7700</td>
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<tr>
<td>Home Watch Caregivers</td>
<td>215.660.1555</td>
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<tr>
<td>Immediate Home Care</td>
<td>215.638.2223</td>
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<td>Interim Healthcare</td>
<td>215.750.1772</td>
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<td>* Life Force: (minimum 8 hrs. per day)</td>
<td>800.200.3685</td>
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<tr>
<td>Living Care Home Services</td>
<td>215.348.4008</td>
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<td>Millennium</td>
<td>215.493.8110</td>
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<tr>
<td>Preferred Home Health Care &amp; Nursing Services</td>
<td>1.800.603.2273</td>
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<tr>
<td>*Premier Personal Care</td>
<td>215.943.0201</td>
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<td>*Right at Home</td>
<td>267.568.2638</td>
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<tr>
<td>Senior Helpers</td>
<td>215.579.2755</td>
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<tr>
<td>Seniors Helping Seniors</td>
<td>215.675.6402</td>
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<tr>
<td>TriMed Homecare</td>
<td>215.279.8772</td>
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<tr>
<td>Trusted Care, Inc.</td>
<td>215.322.4706</td>
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<tr>
<td>Visiting Angels</td>
<td>215.345.9600</td>
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* 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.
<table>
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<tr>
<th>HOSPICE PROVIDERS</th>
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<tr>
<td><strong>Finding a Hospice Program</strong></td>
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<tr>
<td>Abington Hospice 215.481.5800</td>
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<td>Abramson Hospice 215.371.1393</td>
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<tr>
<td>Caring Hospice 215.619.7650</td>
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<tr>
<td>Chandler Hall 215.860.4000</td>
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<td>Compassionate Care 800.584.8165</td>
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<td>Compassus Palliative Care 215.557.7300</td>
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<tr>
<td>Crossroads Hospice 215.956.5110</td>
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<td>Crossroads Palliative Care 215.956.5110</td>
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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. St. Mary Rehabilitation Hospital 1208 Langhorne-Newtown Rd, Langhorne, PA | Group Leaders
Contact- Susan Kaplan: 570.640.2526 (after 3pm), Susan Sacks: 267.968.3302
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.

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.

Strong Women Program
St. Mary Medical Center | 1201 Langhorne–Newtown Road | Langhorne, PA 19047 | Level 2, Outpatient Building | 215.710.6861

12 weeks. Progressive fitness program to increase bone density for women ages 55+. Program fees may apply.

Registration required.

Strong Senior Wednesdays
St. Mary Wellness Center Bensalem | 2546 Knights Rd. | Bensalem, PA 19020 215.245.8563, Ext. 2

Progressive fitness program to increase activity and flexibility for those 55 yrs and older (men and women).
LIFE St. Mary
LIFE St. Mary | 2500 Interplex Drive | Trevose, PA 19053 | 267.991.7600
www.LIFESmarty.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 healthcare 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.
- 5 weeks (~90 minute interactive session each week)
- Free
- Day and Evening Sessions Available
- Held at various locations throughout Bucks County including Bensalem, Bristol, Doylestown, Langhorne and Warminster.
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:

**Face Drooping** – Does one side of the face droop or is it numb? Ask the person to smile. Is the person’s smile uneven?

**Arm Weakness** – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

**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?

**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.

Stroke Support Group for stroke survivors and family/caregivers call 215.710.5828. Call 9-1-1 immediately if you or a loved one experiences the signs or symptoms of stroke.

**Stroke Support Group**
St. Mary Rehabilitation Hospital Dining Room (across from St. Mary Medical Center) | 1208 Langhorne-Newtown Rd. | Langhorne, PA | 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.**
**For directions to facility call 267.560.1100**

**Epilepsy Support Group**
St. Mary Rehabilitation Hospital in Dining Room (across from St. Mary Medical Center | 1208 Langhorne-Newtown Rd, Langhorne, PA | 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

St. Mary Rehabilitation Hospital in Dining Room (across from St. Mary Medical Center) | 1208 Langhorne-Newtown Rd, Langhorne, PA | 215.741.4196

Open format and discussion with guest speakers a few times throughout the year. Contact Anne Sears: 215.741.4196 for more information.

Held the first Tuesday of each month, 7:30 – 9:00 p.m.
For directions to facility call 267.560.1100

Multiple Sclerosis Support Group

St. Mary Rehabilitation Hospital - Day Room (across from St. Mary Medical Center | 1208 Langhorne-Newtown Rd, Langhorne, PA

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. | St. Mary Rehabilitation Hospital in Dining Room (across from St. Mary Medical Center) | 1208 Langhorne-Newtown Rd, Langhorne, PA 215.710.5738

**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
### Medicare Compare – Nursing Home Information

- **www.medicare.gov/Nursinghome-compare**
- **1.800.442.2620**

### Elder Care Locator
- **www.eldercare.gov**
- **800.677.1116**

<table>
<thead>
<tr>
<th>Location</th>
<th>Facility</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bristol, PA (1)</strong></td>
<td>Silver Lake Center</td>
<td>905 Tower Rd</td>
<td>215.785.3201</td>
</tr>
<tr>
<td><strong>Buckingham, PA (1)</strong></td>
<td>Buckingham Valley Rehabilitation</td>
<td>820 Durham Rd.</td>
<td>215.598.7181</td>
</tr>
<tr>
<td><strong>Doylestown, PA (4)</strong></td>
<td>Briarleaf Nursing Home</td>
<td>252 Belmont Ave</td>
<td>215.348.2983</td>
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<tr>
<td></td>
<td>Doylestown Manor</td>
<td>432 Maple Avenue</td>
<td>215.345.1452</td>
</tr>
<tr>
<td></td>
<td>Greenleaf Nursing Home</td>
<td>400 South Main Street</td>
<td>215.348.2980</td>
</tr>
<tr>
<td><strong>Pine Run Health Center</strong></td>
<td>Pine Run Health Center</td>
<td>777 Ferry Rd.</td>
<td>215.348.7770</td>
</tr>
<tr>
<td><strong>Richboro, PA (1)</strong></td>
<td>Richboro Care Center</td>
<td>253 Twining Ford Rd</td>
<td>215.357.2032</td>
</tr>
<tr>
<td><strong>Langhorne, PA (3)</strong></td>
<td>Attleboro Nursing and Rehabilitation Center</td>
<td>300 E. Winchester Ave.</td>
<td>215.757.3739</td>
</tr>
<tr>
<td><strong>Warminster, PA (2)</strong></td>
<td>Christ’s Home Retirement Center</td>
<td>1220 West Street Rd</td>
<td>215.956.2270</td>
</tr>
<tr>
<td><strong>Majestic Oaks</strong></td>
<td>Langhorne Gardens Rehab and Nsg. Center</td>
<td>350 Manor Ave.</td>
<td>215.757.7667</td>
</tr>
<tr>
<td><strong>Warrington, PA (1)</strong></td>
<td>Neshaminy Manor Home</td>
<td>1660 Easton Road</td>
<td>215.345.3205</td>
</tr>
<tr>
<td><strong>Yardley, PA (1)</strong></td>
<td>HCR. Manor Care of Oxford Valley</td>
<td>1480 Oxford Valley Rd.</td>
<td>215.321.3921</td>
</tr>
<tr>
<td><strong>Levittown, PA (1)</strong></td>
<td>Statesman Health and Rehabilitation Center</td>
<td>2629 Trenton Rd.</td>
<td>215.943.7777</td>
</tr>
<tr>
<td><strong>Newtown, PA (1)</strong></td>
<td>Chandler Hall</td>
<td>99 Barclay Street</td>
<td>215.860.4000</td>
</tr>
</tbody>
</table>
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.

**Strong Women Program**
St. Mary Medical Center  |  1201 Langhorne–Newtown Road  |  Langhorne, PA 19047  |  Level 2, Outpatient Building  |  **215.710.6861**

12 weeks. Progressive fitness program to increase bone density for women Ages 55+. Program fees apply.

Registration required.

**Strong Senior Wednesdays**
St. Mary Wellness Center Bensalem  |  2546 Knights Rd.  |  Bensalem, PA 19020 215.245.8563, Ext. 2

Progressive fitness program to increase activity and flexibility for those 55 yrs and older (men and women).
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
- Swelling of limbs

**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
Outpatient Therapies at Cornerstone

St. Mary Medical Center is pleased to announce that Physical Therapy and Lymphedema Therapy is now offered at the Cornerstone Executive Suites, off Woodbourne Road, near the Oxford Valley Mall. The off-campus expansion of physical therapies makes access to a quality rehabilitation program more convenient to the community.

St. Mary opened the new 2,500-square-foot rehab facility in Cornerstone Suites and expanding services in its adjacent Wound Healing and Hyperbaric Medicine Center to include Lymphedema Therapy for lower extremities, head and neck.

Physical Therapy at Cornerstone

St. Mary Physical Therapy at Cornerstone will focus on orthopedic and muscular rehabilitation. Experienced, certified therapists integrate evidence-based treatments, leading-edge technologies, and adaptive techniques to promote recovery from surgery, injury or degenerative disease, such as arthritis. Individualized treatment plans are designed to improve range of motion, muscle strength, endurance, functional mobility and gait disturbances. St. Mary therapists work closely with physicians and healthcare professionals to provide comprehensive, compassionate care in helping each patient maintain the highest level of function and independence.

Amputation Therapy

St. Mary Physical Therapy at Cornerstone introduces a new Amputation Therapy Program to help patients relearn skills and improve mobility following the amputation of a limb. The program includes a comprehensive evaluation and development of an individualized care plan. Where appropriate, patients may receive training in the use of a prosthesis. Patients post-amputation also are given guidance in lifestyle changes, pain management, and skin care to avoid complications. The program focuses on developing the skills a patient post-amputation needs to resume activities of daily life.
St. Mary Outpatient Physical, Occupational and Speech Therapy

Lymphedema Therapy
Certified Lymphedema Therapists provide treatment for lymphedema called Complete Decongestive Therapy (CDT). CDT includes manual lymphatic drainage (MLD), compression bandaging, therapeutic exercise, skin care, compression garment fitting and personalized education in self-care. MLD is a gentle, hands-on massage that moves lymphatic fluid from the affected area to the healthy parts of the lymphatic system.

Treating Chronic Venous Insufficiency
Chronic Venous Insufficiency (CVI) is treated with Complete Decongestive Therapy (CDT). MLD effectively moves fluid out of the affected area and reduces swelling in the leg or foot. The potential for serious infection and chronic leg ulcers also is reduced.

Lymphedema of the Head and Neck
Treatment of head and neck cancer can potentially cause Lymphedema, which can affect vision, eating, speaking, and in some patients, breathing. Complete decongestive therapy leads to clinical improvement in the majority of patients with head and neck Lymphedema.

In-Home Physical, Occupational and Speech Therapy Fox Rehab
FOX Rehab In-Home Geriatric Physical, Occupational and Speech Therapy
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.

**Inpatient:**
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

**St. Mary Palliative Care Team**  
**Monday-Friday 8am-6pm**  
215.710.4616

**St. Mary Palliative Home Care** - Our team of nurses, therapists, social workers, personal care aides, and MercyFul Companions partner with patients and their families to provide symptom relief, pain management and spiritual support.  
1.888.690.2551

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
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.

www.GoodRx.com

Compare Retail Prices of Prescription Drugs from Local Pharmacies (in the United States).
BUCKS COUNTY
SENIOR CENTERS

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

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

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

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

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

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

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

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

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

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

James E. Kinney
Senior Center
165 Township Road
Richboro, PA 18954
Sheila Jobs
Center Manager
215.357.8199
The St. Mary Rehabilitation Hospital is a free-standing, state-of-the-art, 50-bed acute rehabilitation hospital 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 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 Guillain-Barre
- Hip Fracture
- Amputation
- Burns
- Orthopedic Conditions
- Medically complex illnesses including cardiac and pulmonary disease

St. Mary Rehabilitation Hospital 267.560.1100
**SUPPORT GROUPS**

**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. | St. Mary Medical Center | Medical Staff Conference Room First Floor | Outpatient Care Facility Bariatric & Metabolic Surgery Program 215.710.5711

**Bereavement Support Group**
Open Bereavement Sessions are offered to anyone who is experiencing grief. Sessions held the first and third Thursday of every month from 2:00 - 3:30 p.m. St. Mary Spiritual Care | Ground Floor | near Chapel | 215.710.5902

**Cancer Support Groups**
The St. Mary Cancer Support Group Series provides lectures, workshops, and activities for people living with any kind of cancer and their families. All support group meetings are held in the Cancer Center Conference Room, unless otherwise noted. St. Mary Regional Cancer Center | Ground Floor Outpatient Care Facility For more information contact Josephine Wagner Costalas, MS, CN-BA, Genetics Assistant & Certified Navigator by email at Josephine.Costalas@stmaryhealthcare.org or call 215.710.4512

**Hope & Cope Women’s Support Group**
A supportive discussion group open to all women with any type of cancer diagnosis and stage in treatment who are newly diagnosed, currently in treatment and beyond. Held the fourth Tuesday of every month | 5:30 - 7:00 p.m. St. Mary Regional Cancer Center | Ground Floor | Outpatient Care Facility 215.710.4512

**Cancer Support Group - Calm Your Mind**
Learn simple ways to reduce stress with Holistic Health therapist Donna Sullivan, St. Mary Medical Center. Held the third Tuesday of every month | 11:00 a.m. – 12 p.m. | St. Mary Regional Cancer Center | Ground Floor | Outpatient Care Facility | 215.710.4512

**Cancer Support Group - Guided Meditation And Imagery For Relaxation**
Held the first Tuesday of every month 11:30 a.m. - 12:30 p.m. | 215.710.4512
Cancer Support Group - Journaling Workshop
Experience the powerful benefits of journaling - increase clarity, reduce stress, and gain insight to your inner thoughts. Facilitated by Holistic Health therapist Sr. Pat Warman, St. Mary Medical Center. Held the third Tuesday of every month 1:00 - 2:00 p.m. | St. Mary Regional Cancer Center | Ground Floor | Outpatient Care Facility | 215.710.4512

Domestic Violence Counselor
Free and Confidential counseling is available. Confidential 215.710.6082 or Ifriedman@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. | St. Mary Rehabilitation Hospital in Dining Room (across from St. Mary Medical Center) | 1208 Langhorne-Newtown Rd, Langhorne, PA 215.629.5003, Ext. 102

Essential Tremor Support Group
Held the fourth Thursday of every month from 10:00 - 11:00 a.m. | St. Mary Rehabilitation Hospital (across from St. Mary Medical Center) | 1208 Langhorne-Newtown Rd, Langhorne, PA | 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. | St. Mary Rehabilitation Hospital in Dining Room (across from St. Mary Medical Center) | 1208 Langhorne-Newtown Rd, Langhorne, PA. 215.741.4196 | For directions to facility call 267.560.1100

Multiple Sclerosis Support Group
Held the second Tuesday of every month from 6:30 - 8:00 p.m. | St. Mary Rehabilitation Hospital - Day Room (across form St. Mary Medical Center) | 1208 Langhorne-Newtown Rd, Langhorne, PA | 267.697.9697 | For more information contact Amy Taklif at ableasweare@gmail.com or 267.697.9697.
SUPPORT GROUPS

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. St. Mary Rehabilitation Hospital in Dining Room (across from St. Mary Medical Center) | 1208 Langhorne-Newtown Rd, Langhorne, PA. | 215.710.5738

Pelvic Support Group
Meets 1st Monday of the month from 6:30-7:30pm. St. Mary Rehabilitation Hospital 1208 Langhorne-Newtown Rd, Langhorne, PA | Group Leaders Contact- Susan Kaplan: 570.640.2526 (after 3pm), Susan Sacks: 267.968.3302

Prostate Cancer Support and Education Group
Held the second Monday of every other month 6:30 – 8:00 p.m. St. Mary Regional Cancer CenterGround Floor | Outpatient Care Facility | 215.710.2493

St. Mary Rehab Amputee Support Group
Held the last Tuesday of every month from 6:30 - 8:00 p.m. | St. Mary Rehabilitation Hospital (across from St. Mary Medical Center) | 1208 Langhorne-Newtown Rd, Langhorne, PA. | 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. St. Mary Rehabilitation Hospital in Dining Room (across from St. Mary Medical Center) | 1208 Langhorne-Newtown Rd, Langhorne, PA. | 215.710.7677
For directions to facility call 267.560.1100

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. | St. Mary Cardio-Pulmonary Rehab Conference Room located on the first floor Outpatient Building | For more information, or to join, call Women-Heart 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
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 | 215.710.2190

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] 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.
10 Keys to Healthy Aging
1.844.7 ST MARY

2 sessions. The “10 Keys”™ to Healthy Aging evidence-based program provides presentations to help guide seniors on understanding and improving health practices that contribute to healthy aging, including disease prevention strategies. This program targets the causes of disease and disability that could be greatly reduced, postponed, or even eliminated to promote successful or healthy aging in functional older adults.

The “10 Keys”™ to Healthy Aging
1. Lower Systolic Blood Pressure
2. Stop Smoking
3. Participate in Cancer Screening
4. Get Immunized Regularly
5. Regulate Blood Glucose
6. Lower LDL Cholesterol
7. Be Physically Active
8. Maintain Healthy Bones, Joints & Muscles
9. Maintain Social Contact
10. Combat Depression

Workshops are held at various locations throughout Bucks County, including Senior Centers and Senior Residential Housing. Registration Required.

St. Mary Holistic Services
St. Mary Medical Center | 1201 Langhorne–Newtown Road | Langhorne, PA 19047 | Ground Floor, St. Clare Building | 215.710.6948

Holistic Therapies include massage therapy, clinical hypnosis, reflexology, deep-breathing techniques, and lifestyle enrichment classes to enhance relaxation, decrease pain and emotional stress. Free parking is available in the garage.
St. Mary Wellness Center
St. Mary Medical Center | 1201 Langhorne–Newtown Road | Langhorne, PA 19047 | Level 2, Outpatient Building

Your Wellness is Our Priority!
At the St. Mary Wellness Center, you’ll find a variety of services and programs designed to meet your lifestyle goals in a safe, supportive, and supervised medical environment. Our programs incorporate a holistic approach that promotes the wellness of mind, body, and spirit.

St. Mary Wellness Center Services

- Fitness Gym Senior Memberships available.
- Group and Individual Fitness Classes

Free parking is available in the garage behind the hospital.
Facility Hours: Mon. to Fri. 5:30 a.m. – 9 p.m. Sat. & Sun. 7:30 a.m. – 3 p.m.

St. Mary Wellness Center –
Medically Supervised Programs
St. Mary Medical Center | 1201 Langhorne–Newtown Road | Langhorne, PA 19047 | Level 2, Outpatient Building | 215.710.6861

- Medically Supervised Programs for people living with heart disease, asthma, diabetes, or recovering from weight-loss or joint-replacement surgery.
  Personalized medically supervised programs of cardiovascular conditioning, strength and flexibility training, nutrition counseling, and health education. Physician prescription required.

Check with your insurance provider regarding coverage for Medically Supervised Programs.
Free parking is available in the garage behind the hospital.
Facility Hours: Mon. to Fri. 5:30 a.m. – 9 p.m. Sat. & Sun. 7:30 a.m. – 3 p.m.
Silver Sneakers
215.710.6861
Medically based fitness program designed by certified Exercise Physiologists. Programs are designed based on individual need and fitness level. Medicare Eligible Seniors. Consult with secondary insurer for eligibility. **Registration required.**

**Strong Women Program**
St. Mary Medical Center | 1201 Langhorne–Newtown Road | Langhorne, PA 19047 | Level 2, Outpatient Building | **215.710.6861**
Progressive fitness program to increase bone density for women Ages 55+. Program fees apply. **Registration required.**

**St. Mary Wellness Center, Bensalem**
2546 Knights Rd | Bensalem, PA 19020 | **215.245.8563, Ext 2.**
The St. Mary Wellness Center in Bensalem provides nutrition & fitness classes for adults & youth. No fees apply.

**Strong Senior Wednesdays**
St. Mary Wellness Center Bensalem | 2546 Knights Rd. | Bensalem, PA 19020  
**215.245.8563, Ext. 2**
Progressive fitness program to increase activity and flexibility for those 55 yrs and older (men and women).
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.
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.