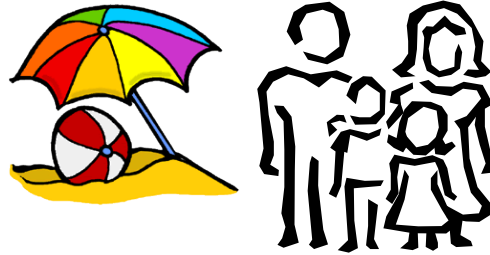


Lehigh & Northampton OBSERVER



July/August
2021

The Arc of Lehigh and Northampton Counties.

*Telephone:
610-849-8076*

www.arcoflehighnorthampton.org

Published six times a year to inform persons with intellectual and developmental disabilities, their families and the community about intellectual disability services in Lehigh and Northampton Counties.

Dear Families, Friends and Colleagues:

Summer is here and it is always a good idea to consider ways to have a safe, happy and healthy season. As people become more active in the summer months, being safe takes on some new dimensions.

Take a moment to think before outdoor summer fun:

- ◆ Wear sunscreen and a hat. Be on the lookout for shade.
- ◆ Encourage people to drink water or some kind of sports drink when they are outside in the hot sun.
- ◆ Clothing should be light-colored, lightweight and limited to one layer of absorbent material to allow evaporation of sweat.
- ◆ Pay attention to food and environmental allergies. Take emergency medications when you think you need them.
- ◆ Don't use scented soaps, perfumes or hair sprays so you don't attract insects.
- ◆ Use insect repellents containing DEET when needed to prevent bites from insects like ticks (which can transmit Lyme Disease) and mosquitoes (which can transmit West Nile and other viruses).

COVID-19 precautions:

The CDC lifted the mask mandate for people who are fully vaccinated against COVID –19. The CDC states people not vaccinated should continue wearing masks in public places. Some stores and other spaces open to the public may still require everyone to wear a mask so keep one handy. Many people choose to wear a mask anyway, even when they are fully vaccinated.

The CDC recommends everyone age 12 and over receive the COVID-19 vaccination. Vaccinations are now available at hospitals, doctor offices and many pharmacies around the Lehigh Valley. The federal government is providing the vaccine free of charge to all people living in the United States, regardless of their immigration or health insurance status.

Parents can schedule their children, ages twelve (12) and older through any vaccine provider administering Pfizer. You can find a vaccine provider administering Pfizer near you at www.vaccines.gov.

Parents who need assistance scheduling a Pfizer vaccination and do not have/use internet, scheduling assistance is available through the Department of Health by calling 1-877-724-3258 to get assistance identifying a local vaccine provider and scheduling an appointment.

I hope you find this useful.

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If you or someone in your family participates in the Lehigh County Family Driven/Family Support (FD/FSS) program, you will receive information for the upcoming fiscal year soon. The new fiscal year starts July 1, 2021 and goes through June 30, 2022.

Important Features

- 1) Lehigh County FD/FSS program participants have access to the entire allocation all fiscal year
- 2) Occasionally participant's families ask who is eligible to provide Family Aide and Respite service. Here are basic requirements:
 - Providers of family aide and respite service must have a Social Security number.
 - Family Aide and Respite services cannot be provided by anyone living at the same address as the FD/FSS participant.
 - Family Aide and Respite services can be provided by family members.
 - Family Aide service can be provided by a someone age 14 or over as long as they do not live with the participant.
 - Respite service can be provided by someone age 18 or over as long as they do not live with the participant.
- 3) Funds left over from one fiscal year do not carry over to the next year.
- 4) Receipts for allowable items purchased must accompany all invoices, except for family aide and respite services.
- 5) Activity logs must accompany invoices for respite and family aide services.
- 6) A contact person or the FD/FSS participant must sign every invoice.
- 7) Respite and family aide providers are paid directly by Easter Seals. Providers must sign and provide their Social Security Number on each invoice for those services.
 - ➔ The IRS considers all income related to providing family aide or respite service reportable income.
 - ➔ If a caregiver earns more than \$600 in the calendar year, Easter Seals will send the person a 1099 form showing earnings for income tax.
 - ➔ If a person earns less than \$600 in a calendar year, he or she is responsible to report the income.
- 8) Request for Innovative Service: If you need services beyond normal limits of the FD/FSS program (like family aide service more than 4 times in a month), you will need an approved request for innovative service.
 - ➔ Contact your Support Coordinator to begin the process for innovative service requests.
 - ➔ Requests for innovative services must be reviewed and approved before you make a purchase or use a service.
 - ➔ There is no guarantee requests for innovative services will be approved. Each request is reviewed individually and may be approved or denied, based on the regulations.
- 9) Appeals: Lehigh County Intellectual Disabilities Program developed a process to make an appeal when a request or invoice is denied. You can access the appeals process through your supports coordinator.

Normal Program Deadlines

- Invoices submitted more than 180 days after the service or purchase cannot be paid.

Please contact Bob Madden, Lehigh County FD/FSS Coordinator if you have questions or concerns about the new guidelines or other parts of the program. Phone: 610-849-8076 (ext. 317) or email: bmadden@arcoflehighnorthampton.org

If you or someone you support participates in the Northampton County Family Driven/Family Support (FD/FSS) program, please take note of the following information.

Program Enrollment

The new fiscal year starts July 1, 2021. Participants are enrolled in Northampton County's FD/FSS program through the person's Supports Coordinator.

Important Features

- Any unused funds from Fiscal Year 20-21 do not carry over to the 21-22 fiscal year.
- Eligible services include: Recreation, Respite, Family Aide, Family Education, and Camp.
- **Request for Innovative Service:** If you need services beyond normal limits of the FD/FSS program, you will need an approved request for innovative service. Contact your Support Coordinator to begin the process for requests for innovative service.
- Requests for innovative services must be reviewed and approved before you make a purchase or use a service.
- There is no guarantee requests for innovative services will be approved. Each request is reviewed individually and may be approved or denied, based on the regulations.

FD/FSS program limitations

- FD/FSS funds may not be utilized to purchase gift cards of any type.
- Respite and family aide caregivers are paid directly by Easter Seals. Caregivers must sign and provide their Social Security Number on each invoice for those services.
- People who live at the same address as the individual receiving supports cannot be paid to provide respite or family aide services.
- Easter Seals cannot pay invoices received more than 180 days (6 months) past the date of purchase or service.
- Receipts for allowable items purchased must accompany all invoices, except for family aide and respite services.
- Activity logs must accompany invoices for respite and family aide services.

Deadlines

- **Individuals in Northampton County FD/FSS may request to transfer funds to the second half of the fiscal year (1/1/2022-6/30/2022).** Requests to move first half-year funds to the second half need to be made to Supports Coordinators by November 15, 2021 for carryover consideration.
- Invoices for the second half of the fiscal year must be received by the close of business on July 15th, 2022.
- To observe deadlines, invoices must be received by the Easter Seals office during normal business hours Monday – Friday 8:30 AM – 4:30 PM—except holidays or other office closures. Call Easter Seals office at 610-289-0114 if you have questions about office hours, bad weather or holiday closures.
- Invoices are logged into Easter Seals based on the date they arrive in the office. Families can mail invoices; US Postmark will not be used to determine cooperation with deadlines.

Contact the FD/FSS program participant's Support Coordinator for questions, assistance with invoices or to complete a Request for Innovative Service form.

Wolf Administration Encourages Pennsylvanians to Apply for Assistance with Internet Bills, Electronic Devices

Harrisburg, PA – The departments of Human Services, Labor & Industry, and Education today announced the availability of the federal Emergency Broadband Benefit (EBB), a program that will assist eligible households in paying for internet service and certain electronic devices.

The EBB, which is administered by the Federal Communications Commission (FCC), is a temporary program that provides a discount of up to \$50 per month off a qualifying household's internet bill and associated equipment rental. Additionally, eligible households can receive a one-time discount of up to \$100 towards a tablet, laptop, or desktop computer, provided that the household contributes more than \$10 and less than \$50 toward the purchase price. The EBB is limited to one monthly service discount and one device discount per household, and the discount will be provided by the FCC directly to the service provider.

"The past year has shown us just how essential internet access is in order to connect with our loved ones, our workplaces and schools, and even to basic needs like telehealth and grocery delivery. We know that the COVID-19 pandemic has made it difficult for many to keep up with bills and expenses, so we are glad that the FCC is providing this benefit to people who need it," said Acting DHS Secretary Meg Snead. "Assistance programs like this exist to help get you through tough times. I encourage anybody who has struggled to pay their internet bills to apply for this benefit."

A household is eligible if one member of the household meets at least one of the criteria below:

- Receives benefits under the free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision, or did so in the 2019-2020 school year;
- Received a Federal Pell Grant during the current award year;
- Experienced a substantial loss of income since February 29, 2020, and the household had a total income in 2020 below \$99,000 for single filers and \$198,000 for joint filers;
- Meets the eligibility criteria for a participating internet provider's existing low-income or COVID-19 program; or,

Qualifies for the FCC's [Lifeline](#) program.

- Households qualify for the federal Lifeline program if their income is less than 135% of the federal poverty guidelines or if they or their child participate in programs including the Supplemental Nutrition Assistance Program (SNAP), Medicaid, Supplemental Security Income (SSI), Federal Public Housing Assistance (FPHA), or other federal programs. Eligible participants can receive Lifeline and EBB at the same time.
- DHS has partnered with the FCC to provide a real time data exchange that verifies whether an individual is already receiving SNAP, Medicaid or SSI so that individuals receiving these programs will be able to more easily qualify for this new benefit as well as Lifeline.

"Strong, reliable access to the internet is a necessity for workers because today's job search and hiring process is conducted almost exclusively online," said L&I Acting Secretary Jennifer Berrier. "The Emergency Broadband Benefit will help struggling Pennsylvanians apply for jobs, communicate with hiring managers, and engage in online training programs that will help lift them out of poverty."

"Access to the internet could be considered a school supply; a critical resource that supports learning beyond classroom walls," said Acting Secretary of Education Noe Ortega. "The Emergency Broadband Benefit serves as another means to bridge the digital divide and create digital equity for students and families across the state."

Applications for this program open today and will end once the funds are exhausted or six months after the federal Department of Health and Human Services declares the end of the COVID-19 pandemic. Service providers will be required to give notice on the last date when the EBB program will end.

To apply for the EBB program, contact your participating [broadband service provider](#), or visit [getemergencybroadband.org](https://www.getemergencybroadband.org) to apply online or print a paper application to mail in.

School Districts across Lehigh and Northampton Counties continue updating information on safe ways to provide education to students. This is a developing situation that needs regular monitoring.

Please find a listing and links to public schools in Lehigh and Northampton Counties below. School district links contain information on school district opening plans and other important topics.

LEHIGH COUNTY PUBLIC SCHOOLS

[Allentown School District](http://www.allentownsd.org); www.allentownsd.org

[Bethlehem Area School District](http://www.basdschools.org); www.basdschools.org

[Carbon Lehigh Intermediate Unit 21](http://www.cliu.org); www.cliu.org

[Catasauqua School District](http://www.cattysd.org); www.cattysd.org

[East Penn School District](http://www.eastpennsd.org); www.eastpennsd.org

[Northern Lehigh School District](http://www.nlsd.org); www.nlsd.org

[Northwestern Lehigh School District](http://www.nwlehighsd.org);
www.nwlehighsd.org

[Parkland School District](http://www.parklandsd.org); www.parklandsd.org

[Salisbury School District](http://www.salisburysd.org); www.salisburysd.org

[Southern Lehigh School District](http://www.slsd.org); www.slsd.org

[Whitehall-Coplay School District](http://www.whitehallcoplay.org); www.whitehallcoplay.org

NORTHAMPTON COUNTY PUBLIC SCHOOLS

[Bangor Area School District](http://www.bangor.k12.pa.us);
www.bangor.k12.pa.us

[Bethlehem Area School District](http://www.basdschools.org); www.basdschools.org

[Catasauqua Area School District](http://www.cattysd.org); www.cattysd.org

[Colonial Intermediate Unit 20](http://www.ciu20.org); www.ciu20.org

[Easton Area School District](http://www.eastonsd.org); www.eastonsd.org

[Nazareth Area School District](http://www.nazarethasd.k12.pa.us); www.nazarethasd.k12.pa.us

[Northampton Area School District](http://www.nasdschools.org); www.nasdschools.org

[Northern Lehigh School District](http://www.nlsd.org); www.nlsd.org

[Pen Argyl School District](http://www.penargylschooldistrict.org); www.penargylschooldistrict.org

[Saucon Valley School District](http://www.svpanthers.org);
www.svpanthers.org

[Wilson Area School District](http://www.wilsonareasd.org); www.wilsonareasd.org

Right to Education Task Force groups are active in Lehigh and Northampton County. Meetings and workshops are held on the Zoom platform for the foreseeable future. Task force activities for Lehigh and Northampton Counties will resume in the fall

Carbon Lehigh IU Local Taskforce 21

(Lehigh County)

Contact Amanda Robbins,
Chairperson with questions
mandaphd1@gmail.com.

Visit www.cliu.org for more
information.

Colonial IU 20 Right to Education Task Force

(Northampton County)

Anyone interested and needs
information for the virtual meeting is
invited to contact Leslie McKelvey,
leslie.mckelvey@yahoo.com

Visit ciu20.edlioschool.com for
more information.

In order to continue helping people with important information, The Arc's Advocacy Department developed an on-going series of virtual workshops, using the Zoom Platform.

You can access Zoom with smart phones, tablets, laptops or desktops. You do not need a camera on your device for zoom meetings. You may need to download the Zoom app for smart devices. If you don't have a computer or other device, you can call in and hear the audio.



For those who have never used Zoom, here are some basics.

- Zoom is a internet based, remote meeting platform. With a desktop computer, laptop, tablet or smart phone, you can see and hear the presenter. The presenter can show visuals such as PowerPoint slides, printouts and spreadsheets to participants.
- Some Zoom meetings allow participants with cameras & microphones on their devices to actively participate. Cameras and microphones on devices are not necessary to access Zoom workshops.
- Zoom meetings have a chat box allowing participants to write questions or comments for all participants to see.
- When you register for a Zoom meeting you must supply an email address. Zoom will confirm your registration and send reminders and a link to your workshop. All you need to do is click the link on the day and time of the workshop.
- If you don't have access to a computer, laptop, smart phone or tablet you can phone in for Arc workshops. Call Jessica McKenty, Advocacy Director at 610-849-8076, ext. 330 for assistance.

To register for an Arc sponsored Zoom workshop, visit the Arc website: www.arcoflehighnorthampton.org. Open the events tab, find your workshop and click the "register here" link to register for your workshop. Check The Arc website and The Arc's Facebook page events section for more training announcements and other information!

Questions can be sent to Jessica McKenty. Email: jmckenty@arcoflehighnorthampton.org or phone: 610-849-8076 ext. 330.

Zoom Workshops (all times are US Eastern Standard)

- **When:** July 20, 2021 at 10:00am
- **Title:** Medicare 101
- **Guest Presenter:** Denise Musselman, Lehigh County Apprise Coordinator
- **When:** July 28, 2021 at 10:00am
- **Title:** Pennsylvania Enrollment Services (PA-EAP)
- **Guest Presenter:** Deronta Creed, Maximus
- **When:** August 18, 2021 at 10:00am
- **Title:** Housing for People with Disabilities
- **Guest Presenter:** Christine McIntyre, Esquire, North Penn Legal Services



The Pennsylvania Department of Education, Bureau of Special Education is pleased to announce the following virtual conference opportunity



2021 PA Community of Practice Transition Conference
 Navigating The Future: A Lifetime Trip
August 11 & 12, 2021

Feature Presenters

Kerry Magro Dr. Kerry Magro has become a role model in the disabled community. Non-verbal at 2.5 and diagnosed with autism at 4, Kerry has overcome countless obstacles to get to where he is today. Dr. Kerry Magro is an award winning national speaker, best-selling author, movie consultant and advisor, and Founder & CEO of KFM Making a Difference, a non-profit corporation focused on disability advocacy and housing.

Today Kerry travels the country sharing his story and inspiring others to define their lives and their dreams in the best way they can. He has spoken at over 1000 events including TEDx Talks and Talks at Google. In his spare time, he hosts a Facebook Page called Kerry's Autism Journey where he does on-camera interviews highlighting people impacted by a diagnosis to breaking down barriers in the community. His videos have been watched over 35 million times. Kerry's best-selling books include: Defining Autism From The Heart, Autism and Falling in Love, and I Will Light It Up Blue!

David Harrell David Harrell is an international award-winning actor, speaker, and disability advocate, residing in New York City. Most recently he has been seen in a featured Guest Star role on the new CBS drama "THE CODE". He has guest starred on television series "Bull" and "Law and Order: SVU" and performed in the 2015 ABC Discovers New York Talent Showcase. He produced and starred in the short film The Siblings Liebencrantz; winning "Best Filmmaker" in the 2017 Easterseals Disability Film Challenge. His short film Lefty & Loosey won "Best Film" in the 2016 Disability Film Challenge and "Best International Actor" in the 2016 Focus on Ability Film Festival in Sydney, Australia. David also continues to work as an actor for Only Make Believe, an organization that provides interactive theater for children in hospitals around the NYC area. As a Disability Advocate, he has worked as the Accessibility and Outreach Director for the Raleigh Ensemble Players in Raleigh, North Carolina, the Disability and Programming Associate for Inclusion in the Arts in New York City and currently serves on the advisory board for the Queens Theater's Theater for All initiative.

Virtual Platform - Chime Live

- The event platform grants access to session information, speaker bios, and the virtual Exhibit Hall.
- Conference attendees can personalize their schedule and take notes during sessions.
- The post-conference survey can be accessed at Continuing Education Credits.
- Handouts, when available, will be found at the bottom of each session page.

On-line Registration
 Deadline July 30, 2021

Participants should register for this PaTTAN-sponsored event by visiting our website at: <https://www.pattan.net/Events/Conferences/Course-2892/Events/Session-35627>. If you prefer, you may email the registration form to Paula Quinn, pquinn@pattanpgh.net.

The 2021 PA Community of Practice Transition Conference is a web-based conference which requires each participant to log in separately to each session using the links that will be provided closer to the conference. For questions about registration, contact: Paula Quinn - PaTTAN Pittsburgh, pquinn@pattanpgh.net For questions about this conference, contact: Kim Cole - PaTTAN East, kcole@pattan.net Hillary Mangis - PaTTAN Pittsburgh, hmangis@pattanpgh.net

Horseback Riding

As with any group activity planned this summer, horseback riding may be affected by conditions and limitations necessary to address COVID-19 protocols. Please contact individual farms to ask about program status and safety precautions.

Equi-librium

Located in Nazareth, PA

With a professional staff & trusted team of horses, this beautiful facility offers several different riding & carriage driving programs to help individuals with special needs reach their highest potential through horse-related activities. Equi-librium regularly offers Hippotherapy sessions depending on the schedule and availability of the therapists.

Half day summer camp sessions are inclusive—siblings & friends can come, too. Schedule includes riding, horsemanship activities, arts & crafts and refreshments. Camp is broken up by the camper's age.

For more information, please visit www.equi-librium.org or call 610-365-2266.

Horses & Horizons

Located in New Ringold, PA

Group & private therapeutic riding for children & adults with disabilities. For group lessons (8-week sessions) riders must be physically able to help groom & saddle the horse. Private lessons are for riders who are unable physically or emotionally to participate in horse preparation. The entire lesson is spent on the horse.

Call 570-386-5679 or visit www.horsesandhorizons.org for more information.

Iron Gate Farm

Located in Bangor, PA

Classes in jumping & dressage. Principles of dressage applied to all disciplines. Equine assisted therapy offered on a private basis, starting at age 2.

Therapeutic riding students take the reins & learn how to ride. Opportunities to ride with typically developing peers. FSS funding accepted. Iron Gate is available for summer camp & birthday parties.

For more information, please visit their web site: www.horsebackridinglessonsinebangorpa.com or call 610-762-8295.

Manito Equestrian Center

Located in Allentown, PA

Year-round equestrian facility located on a scenic 60-acre preserved farm in Allentown. All levels of riding sessions and therapeutic riding offered. This center is also the site for Manito Life Center, a nonprofit corporation dedicated to helping at-risk children through equine assisted & holistic therapies.

For more information please call 610-433-3707, email: manitoequestriancenter@live.com or visit www.manitocenters.com for more information.

Spirit Club Fitness—Remote

[SPIRIT Club](#) is a supportive virtual exercise platform. The club works with individuals and organizations around the country to help make sure that fitness is accessible to EVERYONE. When the pandemic hit, the club transitioned services from primarily in-person to primarily virtual. In order to give members sufficient fitness options that can be done safely from home, the club created *Daily Community Classes* (DCC), which are a set of 9 weekly classes that include Fitness, Yoga, Zumba, Boxing, Meditation, and Healthy Cooking.

Members have unlimited access to all of the DCC which can be watched at any time, with no equipment necessary. The unique teaching style, based on the concept of universal design involves multiple trainers teaching each class, each showing different modifications of every exercise with the goal of maximizing accessibility of our classes (example [HERE](#)). In addition to virtual classes, the club offers virtual personal or partner training! Visit www.spirit-club.com for more information.

Join today and take advantage of the [Pay What You Can](#) pricing model or email the club at join@spirit-club.com to try a free class. **“We can't wait to train with you!”**



Virtual Walk



**Open until July
15, 2021 at 5 PM**

Join us for the 2021 Virtual Highmark Walk for a Healthy Community Lehigh Valley on This year, the Walk will benefit 25 local health and human service organizations.

A virtual walk is a real walk, but it's on your terms! Anytime between now and July 15, you choose how and when you walk (treadmill, park or trail, or around the neighborhood). It's your choice! You also pick the time of when you start and stop!

The 2020 Lehigh Valley Walk for a Healthy Community was a virtual activity in the middle of the lock down. Last year's walk raised \$157,272. While not as much as in past years the virtual walk was still a success.

Visit www.walkforahealthycommunity.org for more information, To register, on the website access the Locations & Registration tab along the navigation bar. Once there, you will see all seven regional locations. Housed within each location are hyperlinks to each of our participating organizations.

TIPIS TO STAY SAFE IN THE SUN

Sun safety is always in season. It's important to protect your skin from sun damage throughout the year, no matter the weather. Why? Sun exposure can cause sunburn, skin aging (such as skin spots, wrinkles, or "leathery skin"), eye damage, and skin cancer, the most common of all cancers.

Skin cancer is on the rise in the U.S. The [Centers for Disease Control and Prevention](#) project there will be 106,110 new cases of skin melanomas and 7,180 deaths in 2021.

Skin cancer is the most common form of cancer in the U.S. In 2018, there were an estimated 1.3 million people living with melanoma of the skin in the U.S. About 4.3 million people are treated for basal cell cancer and squamous cell skin cancer in the U.S. every year, according to a report from the Office of the Surgeon General.

Lower Your Risk for Sunburn, Skin Cancer, and Early Skin Aging

Spending time in the sun increases your risk of skin cancer and early skin aging. People of all skin colors are at risk for this damage. You can reduce your risk by:

- Limiting your time in the sun, especially between 10 a.m. and 2 p.m., when the sun's rays are most intense.
- Wearing clothing to cover skin exposed to the sun, such as long-sleeve shirts, pants, sunglasses, and broad-brim hats. Sun-protective clothing is now available. (The FDA regulates these products only if they are intended to be used for medical purposes.)
- Using broad spectrum sunscreens with a SPF value of 15 or higher regularly and as directed. (Broad spectrum sunscreens offer protection against both UVA and UVB rays, two types of the sun's ultraviolet radiation.)
- Reading the label to ensure you use your sunscreen correctly.
- Consulting a health care professional before applying sunscreen to infants younger than 6 months.



In general, the FDA recommends that you use broad spectrum sunscreen with an SPF of 15 or higher, even on cloudy days.

- Apply sunscreen liberally to all uncovered skin, especially your nose, ears, neck, hands, feet, and lips (but avoid putting it inside your mouth and eyes).
- Reapply at least every two hours. Apply more often if you're swimming or sweating. (Read the label for your specific sunscreen. An average-size adult or child needs at least one ounce of sunscreen, about the amount it takes to fill a shot glass, to evenly cover the body.)
- If you don't have much hair, apply sunscreen to the top of your head or wear a hat.
- No sunscreen completely blocks UV radiation. So other protections are needed, such as protective clothing, sunglasses, and staying in the shade.
- No sunscreen is waterproof.

Sunscreen is available as lotions, creams, sticks, gels, oils, butters, pastes, and sprays. Sunscreen products in forms including wipes, towelettes, body washes, and shampoos that are marketed without an FDA-approved application remain subject to regulatory action.

Read Sunscreen Labels

Although UVB rays are the primary cause of sunburn, both UVA and UVB rays contribute to skin cancer. All sunscreens help protect against sunburn. But only those that are broad spectrum have been shown to also reduce the risk of skin cancer and early skin aging caused by the sun when used as directed with other sun protection measures.

Current requirements applicable to sunscreens marketed without approved applications state:

- Products that pass the FDA’s broad-spectrum requirements can be labeled “broad spectrum.”
- Sunscreens that are not broad spectrum or that lack an SPF of at least 15 must carry a warning: “Skin Cancer/Skin Aging Alert: Spending time in the sun increases your risk of skin cancer and early skin aging. This product has been shown only to help prevent sunburn, not skin cancer or early skin aging.”
- Water resistance claims, for 40 or 80 minutes, tell how much time you can expect to get the labeled SPF-level of protection while swimming or sweating.
- Manufacturers may not make claims that their sunscreens are “waterproof” or “sweat proof.”

Products may not be identified as “sunblocks” or claim instant protection or protection for more than two hours without reapplying.

Risk Factors for Harmful Effects of UV Radiation

People of all skin colors are potentially at risk for sunburn and other harmful effects of UV radiation, so always protect yourself. Be especially careful if you have:

- pale skin
- blond, red, or light brown hair
- been treated for skin cancer
- a family member who has had skin cancer

If you take medications, ask your health care professional about sun-care precautions. Some medications may increase sun sensitivity. Even on an overcast day, up to 80 percent of the sun’s UV rays can get through the clouds. Stay in the shade as much as possible.

The FDA is committed to ensuring that safe and effective sunscreen products are available for consumer use. Because the body of scientific evidence linking UVA exposure to skin cancers and other harms has grown significantly in recent years, in a 2019 proposed rule on sunscreens, the FDA recommended a new requirement that all sunscreen products with SPF values of 15 and above must be broad spectrum, and that as the SPF of these products increases, broad spectrum protection increases as well. The FDA also proposed changes to the labeling of SPF values to make it easier for consumers to compare and choose sunscreen, and to raising the maximum proposed SPF value from SPF 50+ to SPF 60+.





- ☺ What is a monkey's favorite cookie? Chocolate Chimp.
- ☺ Why are chickens so bad at baseball? They are always hitting fowl balls
- ☺ Do you want to hear a constrictor joke? I'm still working on it.
- ☺ Why should you never trust stairs? They are always up to something.
- ☺ Why is Peter Pan always flying? Because he Neverlands.
- ☺ Why did the sponge go south for the winter? It wanted to soak up the sun.

Lehigh & Northampton OBSERVER

Published six times a year for persons receiving services from the Intellectual Disabilities Departments in Lehigh and Northampton Counties.

Bob Madden, Editor
610-849-8076 (ext. 317)

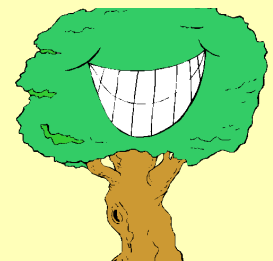
bmadden@arcoflehighnorthampton.org

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Thank you for receiving the Bi-County Observer by email. The trees are a little happier.

Feel free to share the email with others who may be interested.

We can always add people to the email or bulk mail distribution list.



Contact Bob Madden to be included in the newsletter.

Phone: 610-849-8076 (ext. 317).

E-mail: bmadden@arcoflehighnorthampton.org