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ENTREES AT A GLANCE

*****Milk served with all meals*****

- 12/1-Beef Stroganoff
- 12/4-Salisbury Steak
- 12/5-Chicken Cordon Bleu
- 12/6-Sausage, Pepper & Onion Hoagie
- 12/7-Italian Chicken Breast
- 12/8-Apple Raisin Stuffed Chicken
- 12/11-Alaskan Pollock
- 12/12-Chicken Nuggets
- 12/13-Swedish Meatballs
- 12/14-Vegetable Lasagna
- 12/15-Ham, Macaroni & Cheese Bake
- 12/18-Stuffed Shells
- 12/19-Chicken Salad Sandwich
- 12/20-Lemon Pepper Fish
- 12/21-Chicken Vegetable Stew on a Biscuit
- 12/22-Chili with Rice
- 12/26-BBQ Chicken
- 12/27-Fish Sticks
- 12/28-Sweet & Sour Chicken
- 12/29-Stuffed Cabbage

SALAD BAR-Thurs & Fri



Merry Christmas



Happy KwanZaa!



**Come join us for our 2017 Christmas Party
in our Lackawaxen Center
Beisel Beck Rd & Rte 590
December 8th at 10:30 am
Make your reservations early
Call 570-775-5550
Limited seating**

Menu:

**Autumn Harvest Pumpkin Soup
Chicken Stuffed with Apple Raisin
Stuffing
Red Skin Mashed Potatoes
String Bean Almondine
Whole Wheat Dinner Roll
Chocolate Cream Pie**

Suggested Donation of \$5.00 Please

**Dancing
Music**



**Entertainment
By
RON RICHARDSON**



Greetings,

Once again, the month of December is here and another person just said “boy time flies around the holidays”. I think we say that every year, correct? Well this year is no different. I hope the cheer, good humor of your mail person, and the smell of baked cookies and eggnog are enough to drown out the ridiculous number of commercials on tv about “holiday shopping” which, in my mind, spoil the season. PLEASE! Enough, it started after Veteran’s Day.



Join us at the informed Senior Expo at Saw Creek on December 14th from 11:00am. We will be having vendors and speakers on some very topical issues.

We had some wonderful events this year, our March for Meals Campaign, Volunteer Recognition Luncheon, the Elder Justice Day at St. Vincent’s, What a Waste food sustainability Project, Golfing at Costa’s, Tai Chi classes, The Milford Beach picnic, (even in the rain!) and our Meals on Wheels Pet Assistance for the consumers and Great Big

THANKS for the support we have received from

Delaware Valley School District, Wallenpaupack Area School District, Hemlock Ladies Club, Weis Markets, Lake Region IGA, AARP Volunteer Tax preparers and Safe Driving Instructors, SDI Custom Decal Inc, and Roy Hull and our Faith-based partners throughout Pike County who provide emergency help, provide referrals for people in need, and help gather resources for our community.



St. Patrick’s Turkey and grocery donations ready to go!

cheer

On a business note, we are proud to reward Pam Capps and her Lackawaxen/Shohola Posse for winning the incentive prize for participation. Keep up the good work and see you at the Xmas party on the 8th! Pam will be “shopping” for program supplies and equipment to enhance her program.

Congratulations Pam!

Many of us will be turning to our Faith in the next few weeks, maybe stronger than the rest of the year as gratitude, generosity, Love, and faith-based events are everywhere. Please take some time to remember the less fortunate in your community. This year was especially difficult losing so many of our friends and loved ones. Some have moved away permanently with family and others have had a greater calling. We want to express to everyone our deepest sympathies and compassion this holiday season and remember all who have touched our lives.



*Happy Holidays to
All and to All a Good
Night*



ATTENTION MEDICARE BENEFICIARIES LOSING THEIR GEISINGER COVERAGE:

**Please keep in mind because you are losing your coverage through no fault of your own, the open enrollment deadline of December 7th, DOES NOT APPLY TO YOU! you have until December 31, 2017 to select new Medicare coverage that will start January, 2018
For assistance please contact APPRISE at 570-775-5550 x 1313.**



Keep in mind:

Insurance agents cannot cold call or come to beneficiaries' homes without an appointment to sell plans.

At educational seminars, insurance agents cannot require people with Medicare to fill out sign-in sheets that ask for Medicare numbers or other sensitive information.

Agents cannot cross-sell insurance products at legitimate meetings with beneficiaries.

Medicare does not call beneficiaries to verify personal information.

There are no "early bird" specials or limited time only offers on plans.



VOLUNTEERS WANTED

They spent a lifetime defending us. Now it's time to take care of them. Just 2 hours a week of your time delivering Meals On Wheels to your homebound neighbor can make a difference. As a volunteer you will be helping improve the quality of life for your neighbor. Many times, our drivers are the only contact a senior has with the outside world that day.

Please call 570-775-5550

FREE HOME DELIVERY

Lords Valley Village Pharmacy, 658 Route 739, across from Century 21 Realty



Home Delivery-just call us!

Medication Packaging for easy daily dispensing.

Medication Synchronized so that all prescriptions can be picked up at the same time!

Price Matching from any competitor!



Appreciation Card after 15 prescription purchases, receive \$10 off any **Good Neighbor** product.

Patient Referral Card refer a new customer, both of you receive \$20 off any **Good Neighbor** product

Smiles from our friendly, helpful staff.

570-775-9555



KNIGHTS OF COLUMBUS

sponsored home cooked meals

will be provided the second Sunday of each month at

ST. VINCENT'S PARISH HALL

St. Vincent's Drive, Route 739, Dingmans Ferry, PA

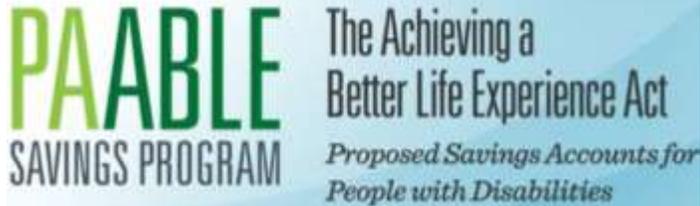
2:00 PM-4:00 PM.

All are welcome.



Sign up for Pennsylvania Veterans Registry

Did you know that if you sign up for the PA Veterans Registry, through the Department of Military and Veterans Affairs (DMVA), you can receive weekly communications from the DMVA, including up-to-date veterans benefits and program information, as well as current employment opportunities available specifically to veterans? Register at register.dmva.pa.gov.



The Pennsylvania ABLE Savings Program (PA ABLE) provides individuals with qualified disabilities as well as their families and friends, a tax-advantaged way to save for disability-related expenses, **while maintaining government benefits**. Plus, Pennsylvania taxpayers can now **deduct PA ABLE contributions** from their state taxes, within limits.

PA ABLE offers seven different investment options, including a checking account with a debit card. To learn more about saving through PA ABLE, and to read the disclosure statement, please visit PAABLE.gov or call the PA ABLE customer service center at 855-529-ABLE (2253).

The Pennsylvania ABLE Savings Program is administered by the Pennsylvania Treasury Department. Before investing, please carefully read the Disclosure Statement (available at PAABLE.gov or by calling 855-529-2253) to learn more about the program, including its effect on federal and state benefits, investment objectives, risks, fees, and tax implications.

Reduce Food Waste This Holiday Season



Make a list with weekly meals in mind to save money and time.

The average American family of four throws away \$1,500 of wasted food each year. All of those uneaten leftovers add up to over 35 million tons of waste each year. Once in landfills, **food breaks down to produce methane, a potent greenhouse gas** which contributes to climate change.

Reducing food waste saves you money, lowers your carbon footprint, and helps your local community when you donate untouched, extra food.

- **Saves money** from buying less food.
- **Reduces methane emissions** from landfills and lowers your carbon footprint.

- **Conserves energy and resources**, preventing pollution involved in the growing, manufacturing, transporting, and selling food (not to mention hauling the food waste and then landfilling it).
- Supports your community** by providing donated untouched food that would have otherwise gone to waste to those who might not have a steady food supply.



The Low-Income Energy Assistance Program (**LIHEAP**) helps low income families pay their heating bills. **LIHEAP** is a grant. You do not have to repay it. **LIHEAP** offers both cash and crisis grants. Cash grants help families pay their heating bills. The one-time payment is sent directly to your utility company or fuel provider, and it will be credited on your bill. Cash grants range from \$200 to \$1000 and are based on household size, income, and fuel type. Crisis grants may be available if you have an emergency situation and are

in jeopardy of losing your heat. You can receive more than one Crisis grant, as necessary, during the season until the maximum benefit of \$500 is reached. Apply online www.compass.state.pa.us or request an application by calling the Statewide **LIHEAP** Hotline at

1-866-857-7095.

December 2017 Eastern Pike Center @ Matamoras 9am-2pm 570-832-1929

Monday	Tuesday	Wednesday	Thursday	Friday
 Please join us on December 12th, 13th, 14th or 15th For lots of fun and laughs. Bring a joke to share				1 Bingo, Cards & Games Lunch Exercise & Line Dancing with Lana 
4 Closed <i>Medical Transport</i>	5 Cards, Games Lunch Bingo @ 12 to 2	6 Cards, Games Lunch Yoga with Lori @ 10:30	7 CLOSED	8 Bingo, Cards & Games Lunch  At the Lackawaxen Center
11 Closed <i>Medical Transport</i>	12 Cards, Games Lunch Bingo @ 12 to 2	13 Cards, Games Lunch Yoga with Lori @ 10:30	14 CLOSED	15 Bingo, Cards & Games Lunch Exercise & Line Dancing with Lana I & R Blood Pressure JOKE DAY Ugly Christmas Sweater Day 
18 Closed <i>Medical Transport</i>	19 Cards, Games Lunch Bingo @ 12 to 2	20 Cards, Games Lunch Yoga with Lori @ 10:30 Blind Assoc. Support Mtg. (3rd Wed of month)	21 CLOSED	22 Bingo, Cards & Games Lunch Exercise & Line Dancing with Lana
	26 Cards, Games Lunch Bingo @ 12 to 2	27 Cards, Games Lunch Yoga with Lori @ 10:30	28 CLOSED	29 Bingo, Cards & Games Lunch Exercise & Line Dancing with Lana Celebrate Birthdays

December 2017 Dingmans's Center 9am-2pm 570-828-7812

	EVERY TUESDAY	EVERY FRIDAY
 HOSPICE & HOME HEALTH Monthly blood pressure screenings in Matamoras provided by Celtic Hospice and Home Health	Cards & Games Yoga with Lori @ 10:30 Lunch 12/5-WESTERN FUN 10:00AM 12/12-JOKE DAY 12/12-I&R (2nd Tues) 12/19 Ugly Christmas Sweater Day 12/26-Blood Pressure provided by Quality Healthcare @ 10 12/26-Celebrate Birthdays	Bingo, Cards & Games Lunch <div style="border: 2px solid red; padding: 10px; text-align: center;"> Dec 8th  At the Lackawaxen Center 10:30 am Call 570-775-5550 for reservations </div>

December

2017 Blooming Grove Activities 8 am-4 pm 570-775-5550

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Blood Pressure Screening in the Dingman's Senior Center is provided by Quality Healthcare 				1 Arts & Crafts Cards
4 Medical Transport Hemlock Ladies	5 Arts & Crafts Exercise w/Lana Wii Bowling Bigger Shopping Computer class must have appt.	6 Cards Dominoes, Rummikube Bigger Shopping	7 Bingo Exercise with Lana Wii Bowling Bigger Shopping Blood Pressure	8 Arts & Crafts Cards CHRISTMAS PARTY! At the Lackawaxen Center 10:30 am
11 Medical Transport Monday's Angels Alzheimer's Support Christmas Party @ 1:30	12 Arts & Crafts Exercise w/ Lana Tai Chi 10:30 Wii Bowling Computer class must have appt.	13 Cards Dominoes, Rummikube Grief Support 10:30	14 Bingo Exercise with Lana Wii Bowling JOKE DAY	15 Arts & Crafts Cards
18 Medical Transport	19 Remembrance Day Arts & Crafts Exercise w/ Lana Tai Chi 10:30 Wii Bowling VA Rep @ 9:00 Computer Class	20 Cards Dominoes, Rummikube	21 Bingo Exercise with Lana Wii Bowling Blood Pressure Ugly Christmas Sweater Day	22 Arts & Crafts Cards
25 CLOSED Merry Christmas	26 Arts & Crafts Exercise w/ Lana Tai Chi 10:30 Wii Bowling Computer class must have appt.	27 Cards Dominoes, Rummikube	28 Bingo Exercise with Lana Wii Bowling Birthday Celebration	29 Arts & Crafts Cards

December

2017 Lackawaxen/Shohola Township 9 am-2 pm 570-685-7808

EVERY MONDAY	EVERY WEDNESDAY	EVERY THURSDAY
Cards & Games Lunch Medical Transport 12/25-Centers Closed 	Exercise with Dorothy or Lana @ 11:00 Lunch Bingo @ 12:00 12/13-JOKE DAY 12/13-I&R (2nd Wed) 12/20-Blood Pressure (3rd Wed) 12/20-Ugly Christmas Sweater Day 12/27-Celebrate Birthdays (Last Wed of the month)	Cards & Games & Bingo Lunch 12/7-Exercise with Annette @ 12 12/21-Exercise with Annette @12





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="background-color: #e67e22; color: white; padding: 10px; font-size: 2em; font-weight: bold; margin-bottom: 10px;">Remembrance Day</div> <p>Please come join us in our first annual remembrance Day for our friends that we have lost in the year 2017. Come share what you remember, Funny or sad</p>				<p>1</p> <p>Grape Juice Beef Stroganoff Egg Noodles Green Beans Rye Bread Ambrosia</p>
<p>4</p> <p>Cole Slaw Salisbury Steak Mashed Potatoes with Gravy Succotash Dinner Roll Fresh Fruit</p>	<p>5</p> <p>Tossed Salad Chicken Cordon Bleu Scalloped Potatoes Broccoli Medley Rye Bread Ice Cream</p>	<p>6</p> <p>Tomato Orzo Soup Sausage, Pepper & Onion on a Hoagie Roll Pasta Salad Fruited Jell-O</p>	<p>7</p> <p>Broccoli & Chick Pea Salad Italian Chicken Breast (Sauce & Cheese) Rotini Pacific Medley</p>	<p>8</p> <p>Autumn Harvest Pumpkin Soup Chicken Stuffed with Apple Raisin Stuffing Red Skin Mashed Potatoes String Bean Almondine Whole Wheat Dinner Roll Chocolate Cream Pie</p>
<p>11</p> <p>Red Cabbage Salad Alaskan Pollock Red Potatoes/ parsley Brussel Sprouts Wheat Bread Carrot Cake</p>	<p>12</p> <p>Split Pea Soup/ Crax Chicken Nuggets Potatoes O'Brien Peas & Carrots Chocolate Pudding</p>	<p>13</p> <p>Tossed Salad Swedish Meatballs over Rotini Peas & Onions Wheat Bread Fruit Cocktail</p>	<p>14</p> <p>Minestrone Soup Crax Vegetable Lasagna Broccoli Italian Bread Pears</p>	<p>15</p> <p>Beets & Onions Ham, Macaroni & Cheese Bake String Green Beans Rye Bread Fresh Fruit</p>
<p>18</p> <p>Orange Juice Stuffed Shells with Tomato Sauce Zucchini & Onions Italian Bread Peaches</p>	<p>19</p> <p>Lentil Soup/Crax Chicken Salad Sandwich Lettuce/Tomato Potato Salad Ice Cream</p>	<p>20</p> <p>Tossed Salad Lemon Pepper Fish Confetti Rice Zucchini & Tomatoes Dinner Roll Fresh Fruit</p>	<p>21</p> <p>Three Bean Salad Chicken & Vegetable Stew on a Biscuit Mashed Potatoes Apple Sauce</p>	<p>22</p> <p>Mandarin Salad Chili with Rice Corn & Red Peppers Corn Muffin Pineapples</p>
<p>25</p> <p>ALL CENTERS CLOSED</p>	<p>26</p> <p>Corn & Black Bean Salsa BBQ Chicken Roasted Potatoes Carrots Cookies</p>	<p>27</p> <p>Southwest Corn Chowder/Crax Fish Sticks Tartar Sauce Oven Browned Potatoes Creamed Spinach Oatmeal Apple Crisp</p>	<p>28</p> <p>Cranberry Juice Sweet & Sour Chicken with Stir Fry Vegetables Rice Mandarin Oranges</p>	<p>29</p> <p>Tossed Salad Stuffed Cabbage Mashed Potatoes Corn Wheat Bread Fresh Fruit</p>

Seniors Are Our First Priority



Robert Elston is 85 years young and lives in Westfall township. He is a Korean war vet. Pictured here are Robert and his son Glenn.

Before first light on Nov 4th the 18th mission of the Hudson Valley Honor Flight departed from Stewart International Airport to a rousing send-off from pipes and drums, and hundreds of flag-waving well-wishers. Bound for the war memorials in Washington, D.C., 86 veterans - 10 from World War II, 74 from the Korean War, and two from the Vietnam War - were honored for their service and sacrifice. We had a great honor flight to DC. The Hudson Valley chapter is top notch.

Contributed by Glenn Elston



Matamoras Bingo Group & Bob "the bingo King"



Ron Richardson, A Professional Entertainer. Ron studied at Queens College. Ron was the lead singer for the Tymes for seven years. The Tymes are an American vocal group, who enjoyed equal success in the United Kingdom and in their homeland USA. Ron also did shows in Las Vegas with the Drifters, Coasters and the Platters. We are talking the Rock & Roll Hall of Fame here with Ron. We are very happy that Ron decided to change his address to PA.

Joke Day at Pike Aging



Bring a joke to share with all your friends at the center. We will have lots of laughs!

EVENTS and PROGRAMS

Do you live in the Greentown area & need assistance with your shopping? There are a few supermarkets that will deliver to you.

Lake Region IGA-570-226-6000 extension 10 (you must order between 7 am & 9:30 am on Tuesdays). They deliver same day, by 1:30 PM. There is a \$9.95 delivery charge.

Dutch's Market-570-676-3373 No weekend Delivery-but require 24 hr. notice when ordering on other days. \$10 delivery charge.

Dave's Foodtown/Superduper-570-251-9530 – They do not deliver too far from store. Call them for details.

Shoprite delivers (\$10 internet fee & \$6.95 delivery fee) shop at www.shoprite.com

KNIGHTS OF COLUMBUS Council 12571

A nutritious home cooked meal will be provided the first Sunday of each month at ST. JOHN NEWMAN PARISH HALL 2:00 PM-4:00 PM. All are welcome. If you plan to attend please call 775-0681 Mon, Thurs, or Fri or 775-9826 Tues & Wed. Please leave your name, telephone number and number of people attending when making reservations.

The Pike County Veterans In-Reach Project (PVIP)

informs veterans in Pike County receiving or eligible for Medicare about their Medicare benefits. This program provides referral services, information and non-biased counseling free of charge regardless whether or not the individual qualifies for or has benefits through the Veterans Administration. This program can also inform Veterans about free and low cost Medicare services and programs including; screenings, Medicare Savings Programs, extra help with prescriptions and PACE /PACENET, (state based pharmacy assistance programs). For more information, please call the Pike County Veterans In-Reach project at (570) 775-5550 ext 1313.

FREE SMOKE ALARMS!



The Red Cross will come to your home and install 10-year lithium battery powered smoke alarms at no charge.

Please call 570-234-2705



Stair lift available
call
Charles
570-296-8028

**We have a limited supply of hearing aid batteries.
Size 312 brown 1.45v.
Six (6) to a package.
Please call 570-775-5550.**



Size 312

DO YOU HAVE EXTRA SPACE IN YOUR HOME?

WOULD YOU LIKE SOME COMPANIONSHIP?

EXTRA INCOME ?

If you answered “yes” to these questions, the **SHARE** program may be just what you need.

SHARE (Shared Housing And Resource Exchange)

is a new housing program being offered in Monroe, Pike and Wayne Counties.

Professional Housing Counselors screen and match people who have extra space in their homes with people seeking an affordable living situation.

If this sounds like a good idea for you or someone you know, please contact:

**Pike County and Wayne County
Larisa Yusko 570-832-5133
or
Monroe County
Ryan Lohman 570-832-0538**

Do you need a hospital bed?

**Please call
570-775-5550
for information.**



Senior Law Center

Senior Law Center protects the legal rights & interests of Seniors in Pennsylvania through legal services, referral services and advocacy. Call the Senior Law helpline if you need assistance at:
877-727-7529

Pike County Area Agency on Aging
150 Pike County Blvd.
Hawley, PA 18428

Non-Profit mailer



DO NOT CALL REGISTRY

If you want to stop those nagging calls from solicitors you can place your phone number on the Do Not call registry by calling:
1-888-382-1222 and
1-888-777-3406 or go on line to: www.donotcall.gov

To renew subscription, clip out mailing label and send it in with the \$5 yearly fee. If you have email, just send your email address to: kdantuono@pikepa.org, and get your newsletter sent right to your email address for **FREE**—Save time and money!

www.pikeaaa.org

Where to Find Information About the Medicare Plans Available in your County:

- * Medicare & You 2018 Handbook
- * www.medicare.gov Call APPRISE at: 1-800-783-7067
- * Call Medicare at: 1-800-633-4227 (Phone) or 1-877-486-2048 (TTY)
- * Or call us at: 570-775-5550 x 1313 for an appointment to assist you

Pike County Area Agency on Aging

Executive Director - Robin S. LoDolce - email: rlodolce@pikepa.org

Waiver Supervisor- Rene Bernatzky; **Options Supervisor** - Robin Soares

Nutrition Site Managers-Cherie Bland, Pam Capps, Jean Imperiale & Janice Palma

Activity & Program Director & Health & Wellness Coordinator - Lana Romeo

Blooming Grove Center-150 Pike County Blvd., Hawley, PA 18428

(Phone: 570-775-5550 or 1-800-233-8911 Fax: 570-775-5558)

Office / Center: Monday through Friday - 8am to 4pm

Dingmans Center-American Legion 851—107 Ball Park Rd, Dingmans Ferry, PA 18328

(Phone: 570-828-7812) —Tuesday & Friday 9 am to 2 pm

Lackawaxen/Shohola Township Center-Lackawaxen Fire Dept., Beisel Beck Rd. & Rte. 590, Lackawaxen, PA 18435. Monday, Wednesday and Thursday 9 am to 2 pm (Phone: 570-685-7808)

Eastern Pike Center @ Matamoras-Matamoras Fire House, 506 Avenue Q, Matamoras, PA 18336

Tuesday, Wednesday & Friday 9 am to 2 pm (Phone: 570-832-1929)

ELDER ABUSE REPORTING NUMBER 1-800-233-8911

www.pikeaaa.org

Advisory Council

Chairperson: *Patricia Crane * Steven R. Guccini, Commissioner Representative * Eileen Arenson * Doris Bannon * Charlotte Bell *
*Jeanne Carlstedt * Jacqueline Edicicco * Kathie Joseph* George Kanfer* Barbara Leary * Marianne McMillin *
Ethel Musselwhite * Joe Shevlin * Sue Siska * Catherine Steele * Rita Tepperman *
Pike County Commissioners - Matt Osterberg *Richard A. Caridi * Steven R. Guccini*

**Pike County Transportation Hours 7:30am—4:00pm Phone 570-296-3408 Fax 570-296-3409
Toll Free: 1-866-681-4947 STATUS LINE: 570-296-1959**

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