

INSIDE THIS ISSUE

- Page 2— Director's Desk
- Page 3— APPRISE, LIHEAP & Pharmacy home delivery information
- Page 4- Donation, PCHS & Veteran ID cards
- Pages 5 & 6 — Activities
- Page 7— Luncheon Menu
- Page 8— Pictures
- Page 9 — Events & Programs
- Page 10— Our Contact Information

ENTREES AT A GLANCE

Milk served with all meals

- 1/1-ALL CENTERS CLOSED
- 1/2-Salisbury Steak
- 1/3-Alaskan Pollock
- 1/4-Sausage, Pepper, Onion Hoagie
- 1/5-Ham, Macaroni & Cheese Bake
- 1/8-Beef Stroganoff
- 1/9-Italian Chicken Breast
- 1/10-Chicken Nuggets
- 1/11-Swedish Meatballs
- 1/12-Sweet & Sour Chicken
- 1/15-ALL CENTERS CLOSED
- 1/16-Stuffed Shells
- 1/17-Chicken Cordon Bleu
- 1/18-Lemon Pepper Fish
- 1/19-Vegetable Lasagna
- 1/22-Chili with Rice
- 1/23-Chicken Salad Sandwich
- 1/24-Meatloaf & Gravy
- 1/25-Fish Sticks
- 1/26-Chicken & Vegetable Stew on a Biscuit
- 1/29-Stuffed Cabbage
- 1/30-Roast Turkey with Gravy & Stuffing
- 1/31-BBQ Chicken

SALAD BAR-Thurs & Fri



MARK YOUR CALENDARS!

- Feb 1st-PJ Day BG
- Feb 2nd-PJ Day MAT
- Feb 6th-PJ Day DINGMANS
- Feb 7th-PJ Day LAX
- Feb 9th-Sip & Paint MAT
- Feb 13th-Mardi Gras BG & MAT
- Feb 14th- Valentine's Party LAX

Please join us the 2nd Tuesday of every month
January 9th at our Dingman's Center in the
 American Legion Hall
 107 Ball Park Rd
 Dingmans Ferry
 ~~~~  
 10:00 am to 2:00 pm  
 ~~~~  
Cucumber Salad
Italian Chicken Breast w/Sauce & Cheese
Rotini
Pacific Medley
Ice Cream

Entertainment
 Free line dance lessons

Price: All this for \$3.50
 For Reservations Call:
 570-775-5550



Sip & Paint series coming to a Pike County Senior Center near you.
 Enjoy an hour of instructor guided painting while you sip and snack.
 Pre-sketched canvases, paints, brushes and snacks will be provided.

January 16th Blooming Grove Center-10:00 am
 February 9th Matamoras Center - 10:00 am
 Please join us, all for free

**RESERVATIONS
 REQUIRED CALL
 570-775-5550**



Happy New Year!!!

Mummers and everyone else.

Let's take a page out of the Mummer's credo like the fancies, string bands, wenchies, and comics, and strut into the new year in style.

Always be colorful, hold your head (and head piece) up, keep up with the beat, and by all means, have fun!

We are excited for all that 2018 has to offer, like new friends, new programs and games, new ways of helping and supporting people and to continue to promote safety, health and wellness for everyone. The County has initiated a Code Red alert system. Check out the dates our Emergency Management Director, Tim Knapp, will be visiting all four senior centers. We learned about it in December at the Saw Creek Expo for Informed Seniors. Thank you to Jessica Vandervliet and her whole staff for hosting such a great event. Look for another expo in the Spring.

Our Options Program which is funded through our Pa Lottery, has undergone some changes. If you receive services such as a Personal Emergency Response (PERS) System, or Home Delivered Meals, or Personal Care for example, you will be hearing from your care manager to explain some of the changes. One of which is the need to collect annual income from various sources such as the Social Security Statements, Pension Benefits, and or other retirement sources. As you receive these statements and get ready for tax season, please remember to keep a copy for your care manager to update your records with us. (AARP Tax Prep workers are studying hard for this new tax season, see our February newsletter for dates and times). This past few months has proved to be extremely hectic and the referrals are coming in swiftly. Unfortunately new people may have to wait for these services. We are going to be initiating a waiting list for many of the services due to funding shortfalls. Keep promoting the Lottery and support this very important funding source.



Thank You to our friends at the Hemlock Ladies Club and the Columbia Italian American Club for their generous donations. Also a thank you to our generous consumer for their donation following the Thanksgiving Meal deliveries.

Remember these Good Luck Foods for the New Year:

Greens/Kale/Collards - Symbolize money Black Eyed Peas - prosperity
Pork/Pork & kraut - symbolize wealth & prosperity Lentils - viewed as coins/wealth
Noodles - thought to bring long life Cabbage - prosperity Pomegranite - fertility

Spend January 1 walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives... not looking for flaws, but for potential. ~Ellen Goodman



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.



For assistance please contact APPRISE at 570-775-5550 x 1313.



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 **1-866-857-7095**.

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.



Poinsettias donated by Judy & Richard Hotter to the Dingmans Center



Penn State Extension in Pike County and the Veterans Affairs Office would like to say "Thank You" to everyone who participated in their first fund drive for the Pike County Humane Society.

We heard very positive feedback from our donors and after speaking with the Humane Society and our Managers, Stephen Alessi and David Messersmith, we will be continuing our support by becoming a collection location for PCHS. Goods and donations may be left during business hours at 514 Broad Street, Milford, PA. Our office is open Monday through Friday from 8:30AM to 4:30PM.



VA Announces Rollout and Application Process for New Veterans ID Card

The U.S. Department of Veterans Affairs (VA) recently announced that the application process for the national Veterans Identification Card (VIC) is now available for veterans — yet another action honoring their service. This has been mandated through legislation since 2015 to honor veterans, and today's rollout of the ID card fulfills that overdue promise.

Only those veterans with honorable service will be able to apply for the ID card, which will provide proof of military service, and may be accepted by retailers in lieu of the standard DD-214 form to obtain promotional discounts and other services where offered to veterans.

The VIC provides a more portable and secure alternative for those who served the minimum obligated time in service, but did not meet the retirement or medical discharge threshold. Veterans who served in the armed forces, including the reserve components, and who have a discharge of honorable or general (under honorable conditions) can request a VIC.

To request a VIC, veterans must visit [vets.gov](https://www.vets.gov) and click on "[Apply for Printed Veteran ID Card](#)" on the bottom left of the page and sign in or create an account. Veterans who apply for a card should receive it within 60 days and can check delivery status of their cards at [vets.gov](https://www.vets.gov). A digital version of the VIC will be available online by mid-December.

January 2018 Eastern Pike Center @ Matamoras 9am-2pm 570-832-1929

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed Medical Transport All Centers Closed	2 Cards, Games Lunch Bingo @ 12 to 2	3 Cards, Games Lunch Yoga with Lori @ 10:30	4 CLOSED	5 Bingo, Cards & Games Lunch Exercise & Line Dancing with Lana 
8 Closed Medical Transport	9 Cards, Games Lunch Bingo @ 12 to 2	10 Cards, Games Lunch Yoga with Lori @ 10:30	11 CLOSED	12 Bingo, Cards & Games Lunch Exercise & Line Dancing with Lana I & R Blood Pressure 
15 Closed Medical Transport All Centers Closed	16 Cards, Games Lunch Bingo @ 12 to 2	17 Cards, Games Lunch Yoga with Lori @ 10:30 Blind Assoc. Support (3rd Wed of month)	18 CLOSED	19 Bingo, Cards & Games Lunch Exercise & Line Dancing with Lana Code Red Presentation @ 10 am 
22 Closed Medical Transport	23 Cards, Games Lunch Bingo @ 12 to 2	24 Cards, Games Lunch Yoga with Lori @ 10:30 Golden Age Club	25 CLOSED	26 Bingo, Cards & Games Lunch Exercise & Line Dancing with Lana Celebrate Birthdays 
29 Closed Christmas Day	30 Cards, Games Lunch Bingo @ 12 to 2	31 Cards, Games Lunch Yoga with Lori @ 10:30	 Find us on Facebook	

January 2018 Dingmans's Center 9am-2pm 570-828-7812

 HOSPICE & HOME HEALTH Monthly blood pressure screenings in Matamoras provided by Celtic Hospice and Home Health	EVERY TUESDAY	EVERY FRIDAY
	Cards & Games Yoga with Lori @ 10:30 Lunch 1/9-Western Fun-Line Dancing with Lana 1/9-I& R (2nd Tues) 1/16-Code Red Presentation @ 10 am 1/23-Blood Pressure provided by Quality Healthcare @ 10 am 1/30-Celebrate Birthdays 	Bingo, Cards & Games Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Medical Transport Centers Closed 	2 Arts & Crafts Exercise w/Lana Tai Chi 10:30 Wii Bowling Computer class must have appt.	3 Cards Dominoes, Rummikube	4 Bingo Exercise with Lana Wii Bowling Blood Pressure 	5 Arts & Crafts Cards 
8 Medical Transport Hemlock Ladies Monday's Angels Alzheimer's Support @ 1:30	9 Code Red Presentation @ 10 Arts & Crafts Exercise w/Lana Wii Bowling Bigger Shopping Dingman & Shohola Computer class must have appt.	10 Cards Dominoes, Rummikube Bigger Shopping Milford/Matamoras Grief Support	11 Bingo Exercise with Lana Wii Bowling Bigger Shopping Promised Land 	12 Arts & Crafts Cards 
15 Medical Transport Centers Closed 	16 Arts & Crafts Exercise w/ Lana Tai Chi 10:30 Wii Bowling Sip & Paint 10:00 VA Rep @ 9:00 Computer class must have appt.	17 Cards Dominoes, Rummikube	18 Bingo Exercise with Lana Wii Bowling Blood Pressure 	19 Arts & Crafts Cards 
22 Medical Transport Monday's Angels Alzheimer's Support @ 2:30 Ombudsman @ 1:30	23 Arts & Crafts Exercise w/ Lana Tai Chi 10:30 Wii Bowling Computer Class must have appt.	24 Cards Dominoes, Rummikube	25 Bingo Exercise with Lana Wii Bowling Birthday Celebration 	26 Arts & Crafts Cards 
29 Medical Transport	30 Arts & Crafts Exercise w/ Lana Tai Chi 10:30 Wii Bowling Computer class must have appt.	31 Cards Dominoes, Rummikube	Blood Pressure Screening in the Dingman's Senior Center is provided by Quality Healthcare  <i>A Licensed Home Care Agency</i>	

2018 Lackawaxen/Shohola Township 9 am-2 pm 570-685-7808

EVERY MONDAY	EVERY WEDNESDAY	EVERY THURSDAY
Cards & Games Lunch Medical Transport 1/1-All Centers Closed 1/15-All Centers Closed	Exercise with Dorothy or Lana @ 11:00 Lunch Bingo @ 12:00 1/10-Code Red Presentation 10:00 1/10-I&R (2nd Wed) 1/17-Blood Pressure (3rd Wed) 1/31-Celebrate Birthdays (Last Wed of the month)	Cards & Games & Bingo Lunch 1/4-Exercise with Annette @ 12 1/18-Exercise with Annette @12 

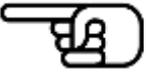
January 2018 Menu

Salad Bar Days 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 All Centers Closed Happy New Year</p> 	<p>2 Cole Slaw Salisbury Steak Mashed Potatoes with Gravy Succotash Dinner Roll Cookies</p>	<p>3 Red Cabbage Salad Alaskan Pollock Red Potatoes/ Parsley Brussel Sprouts Wheat Bread Carrot Cake</p>	<p>4 Tomato Orzo Soup Sausage, Pepper & Onions on a Hoagie Roll Pasta Salad Fruited Jell-O</p> 	<p>5 Broccoli & Chick Pea Salad Ham, Macaroni & Cheese Bake String Green Beans Rye Bread Fresh Fruit</p> 
<p>8 Grape Juice Beef Stroganoff Egg Noodles Green Beans Rye Bread Ambrosia</p>	<p>9 Cucumber Salad Italian Chicken Breast w/ Tomato Sauce and Pasta Pacific Medley Ice Cream</p>	<p>10 Lentil Soup/ Crackers Chicken Nuggets Potatoes O'Brien Peas & Carrots Chocolate Pudding</p>	<p>11 Southwest Corn Chowder Swedish Meatballs over Rotini Peas & Onions Wheat Bread Fruit Cocktail</p> 	<p>12 Waldorf Salad Sweet & Sour Chicken Rice Stir Fried Vegetables Wheat bread Fresh Fruit</p> 
<p>15 All Centers Closed</p> 	<p>16 Red Beets and Onions Stuffed Shells with Tomato Sauce Zucchini & Onions Italian Bread Peaches</p>	<p>17 Tossed Salad Chicken Cordon Bleu Scalloped Potatoes Broccoli Medley Rye Bread Jell-O</p>	<p>18 Cranberry juice Lemon Pepper Fish Confetti Rice Zucchini & Tomatoes Dinner Roll Fresh Fruit</p> 	<p>19 Minestrone Soup Crax Vegetable Lasagna Broccoli Italian Bread Pears</p> 
<p>22 Mandarin Salad Chili with Rice Corn & Red Peppers Corn Muffin Pineapples</p>	<p>23 Green Bean & Tomato Salad Chicken Salad Sandwich Lettuce/Tomato Macaroni Salad Fresh Fruit</p>	<p>24 Carrot Salad Meatloaf & Gravy Parsley & Potatoes Succotash Whole Wheat Bread Sugar Free Jell-O</p>	<p>25 Split Pea Soup Fish Sticks Tartar Sauce Rice Pilaf Creamed Spinach Oatmeal Fruit Crisp</p> 	<p>26 Three Bean Salad Chicken & Vegetable Stew on a Biscuit Mashed Potatoes Apple Sauce</p> 
<p>29 Orange Juice Stuffed Cabbage Mashed Potatoes Corn Wheat Bread Fresh Fruit</p>	<p>30 Tossed Salad Roast Turkey w/ Gravy & Stuffing Mashed Potatoes Carrots Citrus Salad</p>	<p>31 Corn & Black Bean Salsa BBQ Chicken Roasted Potatoes Carrots Cookies</p>	 <p>WEATHER WARNING*</p> <p>Please join us when Tim Knapp, our emergency management director, comes to our centers to explain the benefits of signing up for Code Red</p>	

Seniors Are Our First Priority



 Blooming Grove celebrates Halloween

Look for upcoming information next month about our AARP tax Preparation schedules and Appointments.



Lackawaxen's Halloween Participants



Matamoras's Party Goers



The Dingmans group parties for Halloween.



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/Super Duper-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

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.



Salvation Army Hawley Service Unit
2018 Food Distribution

1st Thursday of each month
Distribution 4:00 PM to 6:00 PM
At Hemlock Farms Church
141 Lookout Drive, Hawley, PA
18428

Please call to register for the first time, 570-576-1964 to ensure we have enough food.

Bring a current ID & social security cards for everyone in the house. If you cannot come the day of distribution, please call to discuss options. In case of inclement weather, please call to check distribution status.

PIKE & WAYNE COUNTY RESIDENTS ONLY

**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



**We have some colostomy supplies available,
please call 570-775-5550 for details.**

FREE SMOKE ALARMS!



American Red Cross

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

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 * 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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