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ENTREES AT A GLANCE

- 7/3-Chili Con Carne
- 7/4-Closed-4th of July Holiday
- 7/5-Lemon Pepper Fish
- 7/6-Herbed Chicken Breast
- 7/7-Breaded Fish Sticks
- 7/10-Sweet & Sour Chicken
- 7/11-BBQ Chicken
- 7/12-Meatloaf & Gravy
- 7/13-Vegetable Lasagna
- 7/14-Closed -Picnic at Bob's Beach
- 7/17-Tuna Salad Hoagie
- 7/18-Roast Turkey
- 7/19-Stuffed Shells with Sauce
- 7/20-Chicken Nuggets
- 7/21-Beef Stroganoff
- 7/24-Alaskan Pollock
- 7/25-Stuffed Cabbage
- 7/26-Chef Salad
- 7/27-Swedish Meatballs
- 7/28-Lemon Chicken Breast
- 7/31-Chicken Cordon Bleu

Milk served with all meals

SALAD BAR-Thurs & Fri



MARK YOUR CALENDARS!

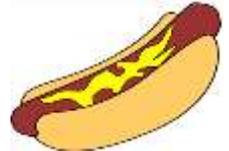
- Aug 4th-Picnic @ Promised Land
- Aug 10th-Eyeglass Clinic in BG
- Aug 14th-Advisory Board Meeting
- Aug 15th—Sip & Paint in Dingmans (tentative)
- Aug 17th-Ritters Market Truck in BG
- Aug 22nd-Assoc of Blind Glaucoma Screening in Dingmans
- Sept 8th—Sip & Paint in MAT (tentative)
- Sept 12th- AARP 4 hour Driver Safety Class in BG
- Sept 14th-Costa's Outing



Come meet Dan Marcus who will talk about computer lessons in Blooming Grove on Tuesday, July 11th @ noon



PICNIC



Fun & Games

Milford Picnic @ Bob's Beach Friday, July 14th Come join the fun!



Ritter's will be bringing their truck to Blooming Grove on Thursday, July 13th from 10:00 to noon. Come in and do your shopping and have lunch.



If you do not have vouchers, you can make purchases with cash.

AARP DRIVER SAFETY

8 hour classes will be held over 2 days, Thursday, July 20th and Friday, July 21st at 1:30 PM in Blooming Grove.

If you are a member of AARP the cost is \$15. If you are not a member of AARP, the cost is \$20. Reservations are required. Please make check payable to AARP and mail to (PCAAA) Pike County Area Agency on Aging, 150 Pike County Blvd., Hawley, PA 18428. Please include your AARP# as well as your home phone number in the envelope.

If you have any questions, please call 570-775-5550.

July Greetings

**HAPPY BIRTHDAY
AMERICA!**

Happy Fourth of July or Happy Birthday America

Our theme is picnics for this month and we are presenting our first picnic of the year on July 14th at Milford Beach. Come join us for a day of fun, food, and music and games. Call for reservations 570-775-5550 and transportation 570-296-3408, please.

July also marks the start of our fiscal year. We have not a budget yet, but we are hopeful that between the Lottery revenue and the potential I-Lottery or Internet Lottery, we will have sufficient funds for our program. There is a question regarding the video game terminals and their effect, if voted in, on the lottery program. Keep you legislators informed of the benefits Pike County Seniors receive from the Lottery, Please.

The Shared Housing program has launched and stay tuned for information. Our new counselors will be traveling around Pike, Wayne, and Monroe counties providing information and discussing this exciting program.

The Hawley Adult Day Center is starting to build. If someone you know could benefit from a fun, safe, and engaging day at the Center, contact our intake department for an assessment.

The warm months are here. A few points to remember:

We are not able to leave food out for home delivery. If you are not going to be home, please notify the driver or our office ahead of time.

If you are in need of a fan, we have a limited number of fans available to assist in cooling your home.

Have a great (but safe) Picnic

In the Kitchen...

Wash hands, work area, and all utensils before, during, and after preparing food.

Marinate food in the refrigerator.



Do NOT thaw frozen items at room temperature.

Always use an insulated cooler with a cold source, such as ice, frozen gel packs, or frozen foods

Foods that need to be kept cold include raw meat, poultry, and seafood; deli and luncheon meats or sandwiches; summer salads (tuna, chicken, egg, pasta, or seafood); cut up fruit and vegetables; and perishable dairy products.

A full cooler will maintain its cold temperature longer than a partially filled one. When using a cooler, keep it out of the direct sun by placing it in the shade or shelter.

Avoid opening the cooler repeatedly so that your food stays colder longer.

When serving food outdoors:

Perishable food should not sit out for more than two hours. In hot weather (above 90 °F), food should NEVER sit out for more than one hour.

Serve cold food in small portions, and keep the rest in the cooler. After cooking meat and poultry on the grill, keep it hot until served – at 140°F or warmer.

Keep hot food hot by setting it to the side of the grill rack, not directly over the coals.

Bring sanitary wipes or disposable gloves for service and clean up.



ENJOY,,,,,,,





Farmers Market Vouchers

Vouchers will be distributed in Blooming Grove

Tuesdays ONLY; July 11th, July 18th and July 25th from 10:00 am to 12:00 ONLY

Vouchers will be distributed in Matamoras on Fridays during July from 10-12 ONLY

Vouchers will be distributed in Lackawaxen on Wednesdays during July from 10-12 ONLY

Vouchers will be distributed in Dingmans on Tuesdays and Fridays during July 10-12 ONLY

Each eligible senior may receive (4) four \$5.00 SFMNP checks for a total benefit of \$20.00 ONE time during the program year.

1 Person-\$22,311; 2 people-\$30,044; 3 people-\$37,777; 4 people-\$45,510

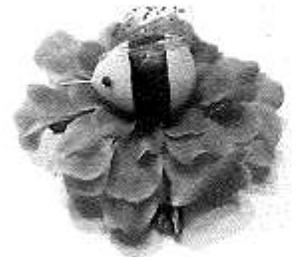
You must provide proof of residency and age.

You must turn 60 by the end of this year.



Bumble Bee Refrigerator Magnet Craft with Lona

July 12th—Matamoras
July 18th—Blooming Grove
July 20th—Lackawaxen



Reservations required please call 570-775-5550.
\$3.00 fee for material.
Come join us for a fun activity!



Northwestern PA Optical Clinic Thursday, August 10th 10:00 to noon

Providing eyeglasses for as low as \$40 for single vision and lined bifocals to low and moderate-income people of any age
To Qualify you must (1) meet the 2017 Income Guidelines per household: 1 person \$23,760; 2 people \$31,240; 3 people \$38,240; 4 people \$46,200 and add \$7,480 for each additional household member

- (2) Get a written prescription from your eye doctor
- (3) Call to make an appointment 1-800-901-1912

Options available are:

Trifocals add \$10 ~ UV coating add \$5 ~ Standard tint add \$8 ~ Noline bifocals add \$30 ~ Thinner polycarb lenses add \$20 ~ Thinner polycarb bifocal lenses add \$25 ~ Thinner polycarb progressive lenses add \$35 ~ Thinner trifocals add \$45 ~ normal prism lenses add \$20.

We do not have transitions. No other options available.

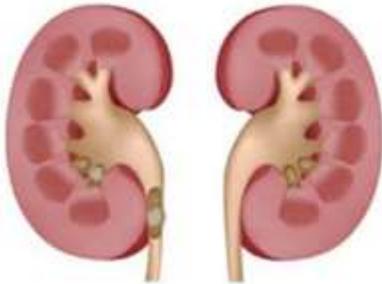
No checks—cash or money order only.

Get your prescription and bring it to us, pick your frames, and we do a couple of measurements. Our lab processes your lenses and complete eyeglasses are sent to you by USPS to your home in approximately two weeks or less.

Walk-ins accepted until 11:30



Thank you to all the speakers, sponsors and participants in our 4th annual **Elder Justice Day** presentation; Rick Schluter, Dr. Ronald Costen, Andrea Didio Esq, Rene Bernatzky, RN; Travis Martin, Joshua Walker, Dime Bank, Honesdale National Bank, Celtic Hospice and Homecare, Aaron's, Weis Markets, 84 Country Store, Dutch's Market, Luhrs True Value, John's General Store, Sweet Sweet Wonderland, Sheriff Phil Bueki, Pike County District Attorney Ray Tonkin, Pike County Commissioners; Steven Guccini and Matt Osterberg.



Pebbles in Your Plumbing Flushing Kidney Stones

Have you ever heard that passing a kidney stone is more painful than giving birth? Each year, more than 1 million people in the U.S. rush to the emergency room with pain caused by a kidney stone.

Kidney stones are hard, pebble-like pieces of material that form in one or both kidneys. They're caused by high levels of certain minerals in your urine.

Stones vary in size from tiny crystals that can only be seen with a microscope to stones over an inch wide. Tiny stones may pass out of your body without your even noticing. With larger stones, you won't be so lucky. Stones that are larger than a pencil eraser can get stuck in the urinary tract-and that can really hurt.

Everyone is at some risk for developing kidney stones. "It is a very common condition," says Dr. Ziya Kirkali, a urologist at NIH. "One out of 11 individuals in the U.S. is affected by this disease."

Kidney stones can form at any age, but they usually appear during middle age (40s to 60s). Of those who develop one stone, half will develop at least one more in the future.

"Probably one of the most important reasons why people form stones is dehydration", Kirkali says. When urine is too concentrated, minerals can build up and form stones. "I can't over-emphasize the importance of drinking plenty of water, because that's the most effective way of preventing kidney stone disease."

During the warmest months of the year, you're at greatest risk of becoming dehydrated. "So it is really important to drink more than you usually drink during the cooler days or months," Kirkali says.

Etch these in Stone

SYMPTOMS

- Sudden severe pain in abdomen, back side, groin or genitals
- Urge to urinate more often than normal
- Feeling restless and unable to lie still
- Pain while urinating
- Blood in the urine
- Urinary infection
- Feeling sick and vomiting
- Bad-smelling urine
- Diarrhoea

FOODS THAT CAN CAUSE KIDNEY STONES

• Beets	• Colas rich in phosphates
• Chocolates	• Tomatoes
• Spinach	• Too much salty food
• Tea	• Soft drinks
• Nuts rich in oxalates	• Ketchup
• Wheat bran	

WHO IS AT RISK FOR GETTING STONES?

• Those not drinking enough water	• Consuming lots of drinks high in fructose
• Those not getting enough calcium in diet	• Having family members with kidney stones
• Eating a lot of foods high in oxalates	• Having kidney stones before



2017 Dingmans's Center 9am — 2pm



Monday	Tuesday	Wednesday	Thursday	Friday
3 Closed <i>Medical Transport</i>	4 All Centers Closed July 4th Holiday 	5 CLOSED	6 CLOSED Shopping	7 Bingo, Cards, Games <i>Farmers Market Vouchers 10-12</i> 
10 Closed <i>Medical Transport</i>	11 Games & Cards Yoga with Lori @ 10:30 <i>I & R</i> (2nd Tues) <i>Farmers Market Vouchers 10-12</i>	12 CLOSED	13 CLOSED Shopping	14 All Centers Closed PICNIC @ Milford Beach
17 Closed <i>Medical Transport</i>	18 Games & Cards Yoga with Lori @ 10:30 <i>Farmers Market Vouchers 10-12</i>	19 CLOSED	20 CLOSED Shopping	21 Bingo, Cards, Games <i>Farmers Market Vouchers 10-12</i> 
24 Closed <i>Medical Transport</i>	25 Games & Cards Yoga with Lori @ 11:00 Blood Pressure @ 10:00 Celebrate Birthdays <i>Farmers Market Vouchers 10-12</i>	26 CLOSED	27 CLOSED Shopping	28 Bingo, Cards, Games <i>Farmers Market Vouchers 10-12</i> 
31 Closed <i>Medical Transport</i>				



2017 Lackawaxen/Shohola Township 9 am—2 pm

EVERY MONDAY	EVERY WEDNESDAY	EVERY THURSDAY
Cards & Games Exercise Lunch <i>Medical Transport</i> 	Exercise with Dorothy or Lana @ 11:00 Lunch Bingo @ 12:00 <i>7/5, 7/12, 7/19 & 7/26 Farmers Market Vouchers 10-12</i> <i>7/12—I & R</i> (2nd Wed) <i>7/19—Blood Pressure</i> (3rd Wed) <i>7/26-Assoc of Blind Screening @ 10</i> <i>7/26—Celebrate Birthdays</i>	Cards & Games & Bingo Lunch  <i>7/7—Exercise with Annette</i> <i>7/20-Bumble Bee Craft with Lona 10:00-11:30 - \$3.00</i> <i>7/20—Exercise with Annette</i> 

Lunch reservations at the Matamoras Center are necessary. If you wish to make them call 570-775-5550 or 570-832-1929



2017 Eastern Pike Center @Matamoras 9am — 2pm

EVERY WEDNESDAY	EVERY FRIDAY
Cards & Games Yoga with Lori Lunch <i>7/12-Bumble Bee Craft with Lona 10:00-11:30—\$3.00</i> <i>7/19—Blind Association Support Mtg</i> (3rd Wed of month) <i>7/26—Golden Age Group</i> (4th Wed of month)	Bingo Cards & Games Lunch Exercise with Lana @ 12 noon <i>7/7, 7/21 & 7/28—Farmers Market Vouchers 10:00—12:00</i> <i>7/14— All Centers Closed Picnic at Milford Beach</i> <i>7/21-Alzheimer's Speaker @ 12:00</i> <i>7/28-Assoc of the Blind Screening 10-12</i> 7/28—CELEBRATE BIRTHDAYS 



2017 Blooming Grove Activities



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Medical Transport <i>Hemlock Ladies</i>	4 All Centers Closed July 4th Holiday 	5 Cards Dominoes, Rummikube	6 Bingo Exercise with Lana Blood Pressure Bigger Shopping Promised Land	7 Arts & Crafts Cards
10 Medical Transport Monday's Angels Alzheimer's Support @ 1:30	11 Arts & Crafts Exercise w/Lana Tai Chi 10:30 Computer Lessons Speaker <i>Vouchers 10-12</i> Bigger Shopping <i>Dingmans & Shohola</i>	12 Cards Dominoes, Rummikube Grief Support @ 10:30 Bigger Shopping <i>Mil/Mat</i>	13 Bingo Exercise with Lana Ritters Farm Market Truck	14 ALL CENTERS CLOSED  at Milford Beach
17 Medical Transport	18 Arts & Crafts Exercise w/ Lana Tai Chi 10:30 VA Rep @ 9:00 Farmers Market Vouchers 10-12	19 Cards Dominoes, Rummikube	20 Bingo Exercise with Lana	21 Arts & Crafts Cards
24 Medical Transport Ombudsman Meeting @ 1:30 Alzheimer's Support Meeting @ 2:30	25 Arts & Crafts Exercise w/ Lana Tai Chi 10:30 Farmers Market Vouchers 10-12	26 Cards Dominoes, Rummikube	27 Bingo Exercise with Lana Celebrate Birthdays	28 Arts & Crafts Cards
31 Medical Transport	Volunteers are always needed at all our centers. Please contact Lana at 570-775-5550 x1317 for more information.			

Seniors Are Our First Priority



2017 MENU

Salad Bar Days



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Orange Juice Chili Con Carne with Rice Corn and Red Peppers Corn Muffin Apple Sauce	4 Closed for 4th of July Holiday 	5 Tossed Salad <i>Lemon Pepper Fish Stewed Tomatoes Potatoes O'Brien Wheat Bread Ice Cream</i>	6 Cole Slaw Herbed Chicken Breast Rice, Zucchini & Tomatoes Fresh Fruit 	7 Red Beets & Onions Breaded Fish Sticks Tartar Sauce Oven Roasted Potatoes Green Beans Fruited Jell-O 
10 Cucumber Salad Sweet & Sour Chicken Rice Stir Fried Vegetables Wheat Bread Fresh fruit	11 Black Bean & Corn Salad BBQ Chicken Rice Pilaf Peas & Onions Rye Bread Peaches	12 Orange Juice Meatloaf & Gravy Parsley Potatoes Squash Dinner Roll Oatmeal Fruit Crisp	13 Tomato Orzo Soup & crax Vegetable Lasagna Broccoli Roll Mandarin Oranges 	14  @ Milford Beach
17 Lentil Soup/Crax Tuna Salad on Hoagie with Lettuce/Tomato Macaroni Salad Jell-O	18 Pear Waldorf Salad Roast Turkey Mashed Potatoes & Gravy Carrots Dinner Roll Ambrosia	19 Broccoli/Chick Pea Salad Stuffed Shells w/ Sauce Italian Green Beans Italian Bread Ice Cream	20 Cole Slaw Chicken Nuggets Oven Browned Potatoes Broccoli Medley Wheat Bread Cookies 	21 Grape Juice Beef Stroganoff Buttered Egg Noodles Mixed Veg Dinner Roll Fresh Fruit 
24 Tossed Salad Alaskan Pollock Confetti Rice Succotash Dinner Roll Peaches	25 Split Pea Soup/ Crax Stuffed Cabbage / Sauce Mashed Potatoes Corn Wheat Bread Chocolate Cake	26 South West Corn Chowder Chef Salad (Turkey, Ham, Cheese) Crax Banana Cake	27 Cranberry Juice Swedish Meatballs with Sauce Rotini Noodles Carrots Wheat Bread Fresh Fruit 	28 Red Cabbage Salad Lemon Chicken Breast Rice Creamed Spinach Wheat Bread Ice Cream 

31
 Orange Juice
 Chicken Cordon
 Bleu
 Rice Pilaf
 Peas & Carrots
 Dinner Roll
 Fresh Fruit



July's best fruits and vegetables are:

Cherries: Sweet and perfectly
ripe.

Cucumbers: Juicy, cooling, perfect
in salads or just raw and chunky.

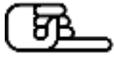
Curly Lettuce: This beautiful lettuce will brighten
any summer salad.





EMS visit Lackawaxen

Lackawaxen Sip & Paint



Blooming Grove May Birthday's Jean and Michael



Jewelry Making in Lackawaxen



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 —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

If you have Medicare questions, please call **Alicia** at **570-775-5550 x 1313**



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** from 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.

Volunteers are always needed at all of our centers.

We have need for

*Home Bound Meal Delivery
Assisting at a Senior Center

*Medical Transportation
Shopping Assistance

*Friendly Caller/Visitor
Clerical

*Apprise

*Ombudsman Program is to serve as an advocate for nursing home and personal care residents, to resolve problems with their quality of care.

Please consider donating an hour or two or more of your time.

*Some Volunteer positions require a criminal background check

We have four locations:

Blooming Grove, Dingmans,
Lackawaxen & Matamoras.

Please call 570-775-5550

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

Are you in need of home items or furniture? Do you have home items or furniture to donate? Call the office 570-775-5550 to list items to donate, or to put in your request for items in need. Our office staff have a list and can put you in touch with each other.

Please remember if you receive home delivered meals the suggested donation is \$3.00 per person per meal. Checks payable to PCAA



Need a motorized wheelchair?
We know of one that is 3 years old and needs a battery.

Please call Cheryl 631-291-7415



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 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!

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

- * Medicare & You 2017 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

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

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

ELDER ABUSE REPORTING NUMBER 1-800-233-8911

Advisory Council

*Chairperson: *Patricia Crane * Steven R. Guccini, Commissioner Representative * Doris Bannon * Charlotte Bell **

**Jeanne Carlstedt * Jacqueline Edicicco * Kathie Joseph * George Kanfer * Marianne McMillin **

*Ethel Musselwhite * Joe Shevlin * Catherine Steele * Rita Tepperman * Eileen Arenson * Sue Siska **

*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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