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ENTREES AT A GLANCE

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

- 9/1-Lemon Pepper Fish
- 9/4-CENTERS CLOSED LABOR DAY
- 9/5-Beef Stroganoff
- 9/6-Chili Con Carne
- 9/7-Sausage, Pep, Onion Hoagie
- 9/8-Meatloaf & Gravy
- 9/11-Chicken Nuggets
- 9/12-Herbed Chicken Breast
- 9/13-Chef Salad
- 9/14-Sweet & Sour Chicken
- 9/15-Swedish Meatballs
- 9/18-Vegetable Lasagna
- 9/19-Tuna Salad Hoagie
- 9/20-Alaskan Pollock
- 9/21-BBQ Chicken
- 9/22-CENTERS CLOSED-FALL FESTIVAL in Lackawaxen Center
- 9/25-Meatballs & Pasta
- 9/26-Breaded Fish Sticks
- 9/27-Chicken Vegetable Stew on a Biscuit
- 9/28-Stuffed Cabbage with Sauce
- 9/29-Stuffed Shells

SALAD BAR-Thurs & Fri



MARK YOUR CALENDARS!

- Oct 4th-Senior Games in Palmyra Park 9:00- 2:00
- Oct 11th-Medicare Fraud Presentation in LAX
- Oct 12th-Sip & Paint in LAX
- Oct 16th-Advisory Board Mtg at Westfall Apts
- Oct 17th-Eyeglass Clinic in BG
- Oct 17th-Medicare Fraud Presentation in Dingmans
- Oct 19th-Ritter's Truck in BG
- Oct 24th- Assoc of Blind Screening in BG
- Oct 25th-Ritter's Truck in MAT

EXPO

7th Annual Senior Citizens' Expo will be held on Friday,

September 8th from 10:00 am to 2:00 pm at the Dingmans Township Volunteer Fire Department, 680 Log Tavern Rd, Milford, PA

Learn more about services, activities and information available to Pike County residents 60 years old and over that can enhance their quality of life.

Wayne Memorial Hearing Solutions will provide hearing screenings.

Transportation courtesy of representatives Rosemary Brown and Mike Peifer.

Please call 570-296-3408 for transportation appointments.

AARP Refresher Class

Tuesday, September 12th @ 1:30

This one-day four hour refresher class is only open to those who provide evidence of taking the class during the previous 36 months.

A \$20 fee (\$15 for AARP members with membership card) is charged for each class. Class size is limited, advance reservations are necessary for placement in any class. Call 570-775-5550. Mail check payable to AARP, to Pike County Area Agency on Aging (PCAAA), 150 Pike County Blvd, Hawley, PA 18428. Include your AARP number and daytime phone number in envelope. Please bring your driver's License and AARP membership card.

Call 1-877-866-3299 for other classes and information.



Fall Festival

Friday, September 22nd
Lackawaxen Senior Center
Lackawaxen Fire Dept
Beisel Beck Rd & Route 590
Lackawaxen, PA 18435

\$3.50

Reservations are required

Please call 570-775-5550

FUN!

- Beef Barley soup
- Bratwurst
- German Potato Salad
- Red Cabbage
- Rye Bread
- Chocolate Cream Pie



September Greetings,

As a mother of two high schoolers! I look at September as exciting, busy, and full of activities like Football games, parades, afterschool meetings and the crisp mornings, the beautiful tree's and foliage we have here, and less traffic! Don't forget the baseball playoffs! I am fresh from our Family reunion. An activity that to some is crazy to disappear into Parkers Glen for three days with no cell service, no computers, but we have so much fun, lots and lots of great people, food, and horseshoes! While the family seems smaller now, and younger people don't all return, it is a time of reflection, of stories and of gratitude for all that we have been blessed with by our families.



September is also Senior Center Month. Do you believe that it was three years ago that we opened the Dingman's Ferry Senior center? Time does march on and we are looking to spur some new people into attending this center. We have great people who volunteer there and they would like more people to come out and enjoy the yoga, the blood pressure screenings, trivia, and dancing. Cherie has Pat and Bill, Graziella (Gracie), Helen, Ann, Janine, and Suzanne to

name a few. Lori Z does the wonder yoga instruction and it is worth the trip. Guess what? It is all free! (the lunches are a suggested donation of \$2.50)

September also starts Open Enrollment for Medicare part D. The APPRISE program is ramping up for doing sessions in all of the County. Check out our website to make a referral for an update www.pikeaaa.org. We also have so much information to share about scam prevention, nutrition, exercise, and other very beneficial programs.

September 21st is National Miniature Golf Day. Join us at Costa's Fun Park for a few rounds on September 14th. Also I would like to personally thank Mr. Jonah Mandelbaum who has built the beautiful apartments in Westfall Township (near Kmart). He is inviting the public to see the property and have a ribbon cutting on September 15th @ 10:30am. He has also provided our Agency an office located in the building #132. We will be conducting appointments and doing some programs out of that office. Look for the postings soon.

Thank You Jonah!



September 8th is the annual Senior expo. Have a great summer wrap-up.

Food & Drug Interaction Recap

I would like to thank everyone who made it out to the talk! Secondly, I wanted to leave you a few reminders. Try to add in all types of fruits and vegetables in your diet. Take time to talk to your doctor's and pharmacist about food & drugs that interact. They can get busy and sometimes forget!

Any additional questions take a look at:

<http://www.eatright.org/resources/food/vitamins-and-supplements>

It is packed with great information on vitamins and supplements.

Connor Forlini, Dietetic Intern, Marywood University

Mini Golf

Costa's Golf Tournament Outing
Thursday, September 14th

Golf will be \$3.00, the agency will pay the other \$3.00. If you want lunch you have a choice of cheeseburger, hamburger, hot dog, chicken tenders or grilled cheese. All served with French fries and 16 oz. drink. Ice cream is hand dipped with a topping all for \$7.00 a person.

HAND - DIPPED

Reservations required call Kathy or Lana 570-775-5550

ICE CREAM

Westfall Senior Apartment Ribbon Cutting Ceremony

All are invited to the Westfall Senior Apartment Ribbon Cutting Ceremony



Light refreshments will be served.

Friday, September 15th at 10:30
Please RSVP to 570-775-5550 before September 8th.
Please consider car pooling as parking is limited.

Matamoras
Wednesday
Sept 20th



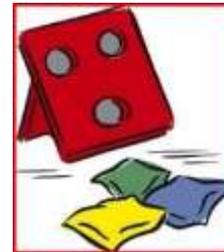
Blooming Grove
Thursday
Sept 21st

Please come to either of our centers listed above and have lunch, socialize and spend your farmers market vouchers. Cash will be accepted as well if you do not have vouchers! We still have vouchers available if you have not gotten them yet.



FOOD

Save
the
Date
Field Day



Fri. October 6, 2017 from 9:00 a.m. to 2:00 p.m.

Pike County Senior Game Field Day

Looking for Recycled Teenagers to compete in the following events:

Tennis, Bocce, Horseshoes, Softball Throw, Baseball Throw, Basketball Shoot, Bean Bag Throw, Football Throw, Walking, Bingo & Dance

There will be a Gold, Silver, and Bronze winner in each event.

Age as follows:

55-64

65-74

75-84

85 and up

Registration fee: \$3.50 (checks payable to Pike County Area Agency on Aging)
PAAAA

Please sign up for an event. Call 570-775-5550 ask for Lana or Kathy

Have your family and friends join us for a day of fun and entertainment.

Reservations required.

Refreshments: Beverages, Hot dogs, Chili, and the fixing's to go with it.

Place: Palmyra Township Park in Paupack



Farmers Market Vouchers

Vouchers will be distributed in Blooming Grove
Tuesdays ONLY; September 5th, 12th, 19th & 26th
from 10:00 am to 12:00 ONLY



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

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

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

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

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

You must turn 60 by the end of this year.
You must provide proof of residency and age.



Salvation Army Hawley Service Unit



2017 Food Distribution

1st Thursday of each month
September 7th
October 5th
November 2nd

Distribution 4:00 PM to 6:00 PM

At

Hemlock Farms Church
141 Lookout Drive
Hawley, PA 18428

Please call to register 570-576-1964



Medicare Open Enrollment is from October 15 to December 7.

This is the time when Medicare participants can
change their Medicare Advantage Plans and
Prescription Drug Coverage Plans for 2018.
Information on 2018 plans will be available
beginning October 15.

You can call: 1-800-MEDICARE, or visit
www.medicare.gov for plan information.
Please call the Pike County Area Agency On Aging
APPRISE Program for more information at
570-775-5550 x 1313



**Please be advised that there is a new scam targeting
Home Delivered Meal Consumers:
A caller will claim they are from "meals on wheels" and begin requesting
personal information. They will ask personal questions about home
ownership, bank balances, etc.**

Don't answer any questions and alert our office 570-775-5550.

We DO NOT call and ask these questions!



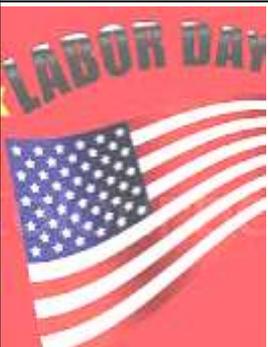
Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Please call 570-832-1929 or 570-775-5550 and leave a message for lunch reservations in Matamoras</p>				<p>1 Bingo, Cards & Games Lunch <i>Exercise & Line Dancing with Lana</i></p> <p>Vouchers 10-12 </p>
<p>4 Closed <i>Medical Transport</i></p>	<p>5 Cards, Games Lunch Bingo @ 12 to 2</p>	<p>6 Cards, Games Lunch Yoga with Lori @ 10:30</p>	<p>7 CLOSED</p>	<p>8 Bingo, Cards & Games Lunch <i>Exercise & Line Dancing with Lana</i></p> <p>I & R Blood Pressure Vouchers 10-12 </p>
<p>11 Closed <i>Medical Transport</i></p>	<p>12 Cards, Games Lunch Bingo @ 12 to 2</p>	<p>13 Cards, Games Lunch Yoga with Lori @ 10:30</p>	<p>14 CLOSED</p>	<p>15 Bingo, Cards & Games Lunch <i>Exercise & Line Dancing with Lana</i></p> <p>Vouchers 10-12 </p>
<p>18 Closed <i>Medical Transport</i></p>	<p>19 Cards, Games Lunch Bingo @ 12 to 2</p>	<p>20 Cards, Games Lunch Yoga with Lori @ 10:30 Blind Assoc. Support Mtg. (3 Wed of month) Ritters Farm Truck @ 10</p>	<p>21 CLOSED</p>	<p>22 Centers Closed</p> <p> @ Lackawaxen Senior Center</p> 
<p>25 Closed <i>Medical Transport</i></p>	<p>26 Cards, Games Lunch Bingo @ 12 to 2</p>	<p>27 Cards, Games Lunch Yoga with Lori @ 10:30 Golden Age Group (4th Wed)</p>	<p>28 CLOSED</p>	<p>29 Bingo, Cards Games Lunch <i>Exercise & Line Dancing with Lana</i></p> <p>Celebrate Birthdays</p> <p>Vouchers 10-12 </p>

 <p>CELTIC HOSPICE & HOME HEALTH</p> <p>Monthly blood pressure screenings in Matamoras donated by Celtic Hospice and Home Health</p>	<p>EVERY TUESDAY</p> <p>Cards & Games Yoga with Lori Lunch</p> <p>Vouchers 10-12</p> <p>9/12-I & R (2nd Tues) 9/26-Blood Pressure by Quality 9/26-Celebrate Birthdays</p>	<p>EVERY FRIDAY</p> <p>Bingo, Cards & Games Lunch</p> <p>Vouchers 10-12</p> <p>9/22- All Centers Closed</p> <p> @ Lackawaxen Senior Center</p>
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Never provide your personal information (address, date of birth, banking information, ID numbers or passwords) to people you do not know!</p>				<p>1 Arts & Crafts Cards</p>
 <p>5 Arts & Crafts Exercise w/Lana Wii Bowling Bigger Shopping Dingman & Shohola</p>	<p>6 Cards Dominoes, Rummikube Bigger Shopping Milford & Matamoras</p>	<p>7 Bingo Exercise with Lana Wii Bowling <i>Blood Pressure</i> Bigger Shopping Promise Land</p>	<p>8 Arts & Crafts Cards Senior Expo @ Dingman Fire Department</p>	
<p>11 Medical Transport <i>Hemlock Ladies</i> <i>Monday's Angels Alzheimer's Support @ 1:30</i></p>	<p>12 Arts & Crafts Exercise w/ Lana Tai Chi 10:30 Wii Bowling AARP 4 hour Refresher class @ 1:30</p>	<p>13 Cards Dominoes, Rummikube Grief Support @ 10:30</p>	<p>14 Bingo Exercise with Lana Wii Bowling Golf Tournament @ Costa's</p>	<p>15 Arts & Crafts Cards</p>
<p>18 Medical Transport</p>	<p>19 Arts & Crafts Exercise w/ Lana Tai Chi 10:30 Wii Bowling VA Rep @ 9:00</p>	<p>20 Cards Dominoes, Rummikube</p>	<p>21 Bingo Exercise with Lana Wii Bowling Ritters Farm Market Truck</p>	<p>22 Centers Closed  In the Lackawaxen Senior Center</p>
<p>25 Medical Transport Alzheimer's Meeting @ 2:30</p>	<p>26 Arts & Crafts Exercise w/ Lana Tai Chi 10:30 Wii Bowling</p>	<p>27 Cards Dominoes, Rummikube</p>	<p>28 Bingo Exercise with Lana Wii Bowling Celebrate Birthdays</p>	<p>29 Art & Crafts Cards</p>

EVERY MONDAY	EVERY WEDNESDAY	EVERY THURSDAY
<p>Cards & Games Lunch <i>Medical Transport</i> 9/4 Centers Closed Labor Day</p>	<p>Exercise with Dorothy or Lana @ 11:00 Lunch Bingo @ 12:00 Farmers Market Vouchers 10-12 9/13-I& R (2nd Wed) 9/20-Blood Pressure (3rd Wed) Celebrate Birthdays (Last Wed of the month)</p>	<p>Cards & Games & Bingo Lunch 9/14-Exercise with Annette @ 12 9/28-Exercise with Annette @ 12</p>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Volunteers are always needed at all our centers. Please contact Lana at 570-775-5550 x1317 for more information.</p>				<p>1 Orange Juice Lemon Pepper Fish Stewed Tomatoes Macaroni & Cheese Pineapples </p>
	<p>5 Grape Juice Beef Stroganoff Buttered Egg Noodles Mixed Vegetables Dinner Roll Fresh Fruit</p>	<p>6 Tossed Salad Chili Con Carne with Rice Corn & Red Peppers Corn Muffin Fruit Cocktail</p>	<p>7 Tomato Orzo Soup & Crax Italian Sausage Peppers & Onions on a Hoagie Roll Herbed Cous Cous Pacific Medley Jell-O </p>	<p>8 Cole Slaw Meatloaf & Gravy Mashed Potatoes Squash Dinner Roll Oatmeal Cookies </p>
	<p>11 Southwest Corn Chowder Chicken Nuggets Oven Browned Potatoes Broccoli Medley Wheat Bread Banana Cake</p>	<p>12 Cranberry Juice Herbed Chicken Breast Rice Zucchini & Tomatoes Fresh Fruit</p>	<p>13 Split Pea Soup & Crax Chef Salad (Turkey, Ham, Cheese) Macaroni Salad Fruit Cocktail</p>	<p>14 Mandarin Salad Sweet & Sour Chicken Rice Stir Fried Vegetables Wheat Bread Pears </p>
<p>18 Tossed Salad Vegetable Lasagna Broccoli Roll Mandarin Oranges</p>	<p>19 Chicken Noodle Soup Tuna Salad with Tomato & Lettuce Hoagie Potato Salad Dinner Roll Fresh Fruit</p>	<p>20 Red Cabbage Salad Alaskan Pollock Confetti Rice Succotash Wheat Bread Fresh Peach Crisp</p>	<p>21 Black Bean & Corn Salad BBQ Chicken Rice Pilaf Peas & Onions Rye Bread Ice Cream </p>	<p>22 Centers Closed  at Lackawaxen Senior Center</p>
<p>25 Minestrone Soup with Crax Italian Meatballs Pasta with Tomato Sauce Cauliflower Medley Granola Bar</p>	<p>26 Red Beets & Onions Breaded Fish Sticks Tartar Sauce Oven Roasted Potatoes Green Beans Fresh Fruit</p>	<p>27 Orange Juice Chicken Vegetable Stew on a Biscuit Parsley Potatoes Yogurt Cup</p>	<p>28 Waldorf Salad Stuffed Cabbage with Sauce Mashed Potatoes Succotash Rye Bread Vanilla Pudding </p>	<p>29 Broccoli/Chick Pea Salad Stuffed Shells with Sauce Italian Green Beans Italian Bread Ice Cream </p>

Seniors Are Our First Priority



The clouds could not dampen the fun!



Thank you Michael for donating the **BBQ**



Milford Beach Picnic



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



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.



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.

DO YOU HAVE EXTRA SPACE IN YOUR HOME?
WOULD YOU LIKE SOME COMPANIONSHIP?
EXTRA INCOME ?



SHARE
SHARED HOUSING AND RESOURCE EXCHANGE

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
Monroe County
Ryan Lohman 570-832-0538

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

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.

Thanks to a generous donation, we have a large supply of hearing aid batteries. Size 312 brown 1.45v. Six (6) to a package. Please call 570-775-5550.



Size 312

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!

www.pikeaaa.org

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; **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 * Doris Bannon * Charlotte Bell **

**Jeanne Carlstedt * Jacqueline Edicicco * Kathie Joseph* George Kanfer* Barbara Leary * 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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