

INSIDE THIS ISSUE

- Page 2— Director's Desk
- Page 3— Ritter's, Stroke & Fall Prevention
- Page 4— Food Pantry, Safety Presentation
- Page 5— Lunch Menu
- Page 6— Blooming Grove Activities
- Page 7— Eastern Pike Activities
- Page 8— Lackawaxen/Shohola Activities
- Page 9— Dingmans & Saw Creek Activities
- Page 10— Pictures
- Page 11— Events & Programs
- Page 12— Our Contact Information

ENTREES AT A GLANCE

Milk served with all meals

- 10/1-Teriyaki Meatballs
- 10/2-Hot Dogs
- 10/3-Chicken Cordon Bleu
- 10/4-Chicken Nuggets
- 10/5-Corned Beef & Cabbage
- 10/8-COLUMBUS DAY HOLIDAY
- 10/9-Alaskan Pollock
- 10/10-Lemon Chicken
- 10/11-Swedish Meatballs
- 10/12-Stuffed Cabbage
- 10/15-Hot Turkey, Gravy & Mashed
- 10/16-Sausage, Peppers & Onions
- 10/17-French Toast
- 10/18-Chili Con Carne
- 10/19-Chicken Caesar Salad
- 10/22-Vegetable Lasagna
- 10/23-Lemon Pepper Fish
- 10/24-BBQ Chicken
- 10/25-Sweet & Sour Chicken
- 10/26-Chicken & Vegetable Stew
- 10/29-Herbed Chicken Breast
- 10/30-Stuffed Shells
- 10/31-Ham, Mac & Cheese Bake

SALAD BAR-Thurs & Fri



MARK YOUR CALENDARS!

October is Residents Rights Month

- Oct 3rd-Grand Opening Saw Creek
- Oct 9th- Last day to register to vote
- Oct 30th-Last day to apply for Absentee ballot
- Nov 6th-Election Day



NORTHWESTERN PA OPTICAL CLINIC

Thursday, October 25th 10 to 1
Blooming Grove Senior Center
150 Pike County Blvd, Hawley, PA

Low cost eyeglasses for low and moderate income people of any age.

Must bring a prescription from your eye doctor

Available Options are: single \$40; w/poly \$60; w/transitions \$80; w/trans & poly \$100; line bifocal \$40; w/poly \$65; w/transitions \$95; w/trans & poly \$120; line trifocal \$50; w/poly \$75; w/transitions \$105; w/trans & poly \$125; progressive \$70; w/poly \$86; w/transitions \$140; w/trans & poly \$155; UV coating \$5; solid or gradient tint \$8; Color & prism \$20; slab-off prism \$60; lenticular single/bifocal \$20

Please note: These transitions do not get real dark—the more you use them the darker they get.

NO FREE REMAKES on transition lenses, DOES NOT darken in the car.

CASH OR MONEY ORDER ONLY, NO CHECKS ACCEPTED

Call 1-800-901-1912 to make an appointment

PIKE COUNTY AREA AGENCY ON AGING PRESENTS

HEALTHY STEPS IN MOTION



Please join us for a healthier way of life

A FREE EXERCISE CLASS FOR SENIORS

Healthy Steps in Motion is an exercise program that incorporates warm-up, balance, weight resistance, strength training and cool down segments, as its program foundation. **HSIM** was designed by the PA Dept. of Aging and is offered to older adults at **NO COST**. It promotes regular physical activity, which provides many benefits for older adults. Research has shown that older adults who practice weight resistance training, improve their balance and coordination which may decrease their risk for falls. Exercise can also reduce the rise of heart disease and certain types of cancers, increase bone density, strengthen the heart and lungs, reduce stress and boost energy levels.

Remember the class is free!!

Classes will be held every **Wednesday** at the **Lackawaxen Senior Center** from **10:00 am to 11:00 am** and every **Friday** at the **Matamoras Senior Center** from **12:30 pm to 1:30 pm**

10/3, 10/5, 10/10, 10/12, 10/17, 10/19, 10/24 & 10/26

Call Lana to register: 570-775-5550 ext: 1317

Let's have fun and make new friends!

Happy Rocktober,



Couldn't stand the weather in August and September? Well we have had a kaleidoscope of weather since then, not to mention more rain. As we turn our attention to cooler temperatures and weatherization of our homes for the change of seasons, don't forget your smoke alarms and emergency kits.

WE thank our friends at Pike County Emergency Management for making the rounds at all of the centers for CODE RED sign-ups. Now is the part where we need to get prepared for those emergencies. Fire prevention week is this month. Don't forget to get your furnace serviced and your chimney cleaned out while it is relatively nice outside. As Hurricane Florence ravished North Carolina, it does make you grateful for our location, but reminds us all too well of power outages and damages from the weather. We are working with our partners at the Red Cross for local shelter identification and resources needed for these major emergencies.



October is also Breast Cancer awareness month. Remind someone you love to get their mammogram today. For more tips and resources check out: www.cancer.org/healthy



Football season is in high gear. My Dolphins are doing pretty good so far as well as the Nittany Lions, thank you very much. Too bad about the Giants, but it is early.



The fall is our first peek at our fiscal year's plans. We are fortunate to receive full funding from the Pa Department of Aging. (currently I am working on last year's report of services and expenditures, check back on the website for updates) That means we will be able to continue our care management, senior centers, and home delivered meals. Unfortunately the referrals for service have been more than we can fund and we currently have a waiting list of over 35 families. Please know that all of our providers are all able to take private pay consumers in the event services are necessary right away.

For the foodies, October is also National Apple Month, see below the benefits of this easy to get and prep fruit. Apples have about 80 calories and contain the following important nutrients:

Vitamin C - a powerful natural antioxidant capable of blocking some of the damage caused by free radicals, as well as boosting the body's resistance against infectious agents, according to the University of Maryland Medical Center.

1 B-complex vitamins (riboflavin, thiamin, and vitamin B-6) - these vitamins are key in maintaining red blood cells and the nervous system in good health, including brain function.

Dietary fiber - the British National Health Service² says that a diet high in fiber can help prevent the development of certain diseases and may help prevent the amount of bad cholesterol in your blood from rising.

Apples are extremely rich in important antioxidants, flavanoids, and dietary fiber "I have type 2 diabetes, can I eat apples?" - According to the American Diabetes Association, "Apples are a nutritious food and you can still eat them even if you have diabetes." The Association reminds people to eat the peel and advises on buying small apples (2.5 inches in diameter).



Ritter's will be bringing their truck to our **Matamoras Center on Wednesday, October 17th from 10:00 am to noon** and to **Blooming Grove on Thursday, October 18th 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.



STROKE

Please join us as Carol Kneier, MS, RD, LDN, CDE, Community Health Manager, Wayne Memorial Hospital, Community Health speaks about **stroke & fall prevention**

Wednesday Oct 24th in Lackawaxen at 12:00,
Tuesday, Nov 13th in Blooming Grove at 12:00,
Friday, Nov 16th in Matamoras at 12:00



Costume Party at all Centers

Prizes awarded for **prettiest, ugliest & most original** costumes

Friday, October 26th at Eastern Pike Center in Matamoras

Tuesday, October 30th at Dingmans Center in Dingmans Ferry

Tuesday, October 30th at Blooming Grove Center in Hawley

Wednesday, October 31st at Lackawaxen Center in Lackawaxen

Wednesday, October 31st at Saw Creek in Bushkill



Healthy Steps for Older Adults

Pike County Area agency on Aging
Wants to Help You

This is the perfect opportunity for you to help your Senior Center.



Through your participation in Healthy Steps for Older Adults, an award winning program designed to have fun and keep seniors on their feet and out of the hospital.

A workshop will be conducted: **Staying Active and Preventing Falls** in our Eastern Pike Center

Matamoras Fire House

506 Avenue Q, Matamoras, PA 18336

Tuesday, October 16th

9:00 to 12:30

The workshop and lunch are **FREE**. Pre-registration is **REQUIRED** and You must be 50 years of age or older to participate.

Call Lana, Kathy or Paula to sign up 570-775-5550



Answer the Call...

RSVP of Berks, Pike & Wayne Counties



Volunteer Opportunities

[Pike County Area Agencies on Aging:](#)

Home Delivered Meals Drivers **NEEDED**
Eastern Pike Center @ Matamoras
Blooming Grove Center
& Lackawaxen Center
Call Dawn @ RSVP 570-390-4540



FOR DETAILS OR TO SIGN UP CONTACT:
Dawn Houghtaling, RSVP Program Coordinator
Hawley Senior Center
337A Park Place Hawley, PA 18428
Phone: 570-390-4540 or
Email: houghtalingd@diakon.org



The Dingman-Delaware Middle School is proud to announce its 26th annual complimentary dinner theatre for the senior citizens of the Delaware Valley School District.

A complete Chicken Parmesan dinner will be served at 5:00 PM in the Dingman-Delaware Middle School Cafeteria on Friday, November 9, 2018, followed at 7:00 PM by the DDMS Drama Club's performance of "Willy Wonka, Jr."

The Dingman-Delaware Middle School is located at
1365 Route 739 in Dingmans Ferry, PA.

For reservations and further information call 296-3143 by November 2, 2018.

The Food Pantry Program at the Church at Hemlock Farms has **REOPENED** and will be open every 3rd Monday beginning October 15th from 4:00 to 6:30 PM
Registration is a **MUST** prior to distribution.

Please register by calling the church office at 570-775-6787

The Church At Hemlock Farms



Corner of Willow & Lookout Drives

SAFETY

Safety in the home presented by Lackawanna College students at our Lackawaxen Center on Monday October 29th 10:00 to 11:30 am

MATTERS



Although we may think of November and Thanksgiving when it comes to cranberries, October is actually the month that this fruit is at its best. Cranberries at their peak should be firm and bright red—pale pink means they are under ripe. (A few of these may sneak into a package of fresh, but that's normal.) The flavor is a combination of sweet and tart, perfect for a cranberry sauce such as citrus cranberry amaretto.

Blackberries are harvested August to mid-October, this shiny, dark purple, almost black berry becomes sweeter and less tart the longer it stays on the bush. So if you avoid eating blackberries because they are too tangy, wait until October to enjoy. High in vitamin C, these berries are more versatile than you might think. Not only ideal in a [cobbler with apples](#), blackberries also make a wonderful [sauce](#) for beef, pork, and chicken when combined with wine and cooked down until thickened.



PEER Program Graduation

The PEER program trains resident advocates to work with facilities, staff, and residents to enhance quality of care and quality of life for their "PEERS." The program was initiated by the Pennsylvania State Long-Term Care Ombudsman's Office in an effort to assist long-term living residents in volunteering their time and expertise to self-advocate issues that will resonate for their PEERS. Serving Seniors, Inc. is providing Ombudsman, Volunteer Ombudsman and PEER Program services to all Pike County consumers of long-term care through a contract program with the Pike County Commissioners through the Pike County Area Agency on Aging.



Row 1: Seated left to right: PEER Graduates Jane Woods, Joan Stohr, Lucille Fenner and John Chapman **Row 2:** Standing left to right: Jennifer Faines, Director of Activities at Belle Reve; Bernadette Jones, Ombudsman; Linda Korgeski, Ombudsman; Andrew Seder, of PA State Senator Lisa Baker's Office; PEER Graduate Warren Thumm; PEER Graduate Ken Dammers; Travis Martin, Executive Director at Belle Reve; Michael Peifer, PA State Representative; Mary Anne Maloney-Evans, Serving Seniors, Inc. Executive Director; Steve Guccini, Pike County Commissioner; Matthew Osterberg, Pike County Commissioner and Ron Schmalzle, Pike County Commissioner.



**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



Flu Shots will be distributed from 10:00 to 12:00

Friday, October 19th in Dingmans
Thursday, October 25th in Blooming Grove
Friday, October 26th in Matamoras

Please bring you insurance card with you.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Asian Slaw Teriyaki Meatballs Rice Stir-Fry Pepper Medley Dinner Roll Mandarin Oranges</p>	<p>2</p> <p>Turkey & Rice Soup/Crax Hot Dog (s) Bun Baked Beans Potatoes Apple Sauce</p>	<p>3</p> <p>Carrot Raisin Salad Chicken Cordon Bleu Rice Medley Creamed Spinach Wheat Bread Fresh Fruit</p>	<p>4</p> <p>Orange Juice Chicken Nuggets Oven Browned Potatoes Broccoli & Cauliflower Cookies </p>	<p>5</p> <p>Lentil Soup & Crackers Corned Beef & Cabbage Boiled Potatoes and Carrots Rye Bread Pears </p>
<p>8</p> <p>CENTERS CLOSED</p> <p>COLUMBUS DAY</p>	<p>9</p> <p>Red Cabbage Salad Alaskan Pollock Spanish Rice Peas & Onions Jell-O</p>	<p>10</p> <p>Tossed Salad Lemon Chicken Sautéed Zucchini Italian Bread Fruit Cocktail</p>	<p>11</p> <p>Cucumber Salad Swedish Meatballs Rotini Pasta & Gravy Carrots Dinner Roll Fresh Fruit</p>	<p>12</p> <p>Beef Barley Soup/Crax Stuffed Cabbage Carrots Mashed Potatoes Dinner Roll Oatmeal Cookies </p>
<p>15</p> <p>Cranberry Juice Hot Turkey, Gravy & Mashed Potatoes Succotash Dinner Roll Fruit Crisp</p>	<p>16</p> <p>Southwest Corn Chowder/Crax Italian Sausage with Onions and Peppers on Hoagie Roll Red Potatoes Fresh Fruit</p>	<p>17</p> <p>V-8 Juice French Toast with Apple Compote Sausage Patties Blueberry Muffin Fruited Jell-O</p>	<p>18</p> <p>Orange Juice Chili Con Carne Rice Corn & Red Peppers Corn Bread Muffin </p>	<p>19</p> <p>Beets & Onions Chicken Caesar Salad (Chicken, romaine Lettuce, Tomatoes, Croutons Potato Salad Dinner Roll Ice Cream</p>
<p>22</p> <p>Tomato Orzo Soup Vegetable Lasagna Italian Green Beans Italian Bread Cookies</p>	<p>23</p> <p>Cranberry Juice Lemon Pepper Fish Macaroni & Cheese Stewed Tomatoes Fruited Jell-O</p>	<p>24</p> <p>Tossed Salad BBQ Chicken Breast Rice Pilaf Brussel Sprouts Wheat Bread Mandarin Oranges</p>	<p>25</p> <p>Red Cabbage Slaw Sweet & Sour Chicken Stir Fry Vegetables Wheat Bread Fresh Fruit </p>	<p>26</p> <p>Beets & Onions Chicken & Vegetable Stew on a Biscuit Mashed Potatoes Vanilla Pudding </p>
<p>29</p> <p>Tossed Salad Herbed Chicken Breast Vegetable Rice Medley Peas & Carrots Wheat Bread Peaches</p>	<p>30</p> <p>Cranberry Juice Stuffed Shells & Tomato Sauce Sautéed Zucchini Italian Bread Pears</p>	<p>31</p> <p>Beef Barley Soup Ham, Macaroni & Cheese Bake Spinach Dinner Roll Fresh Fruit</p>	<p style="text-align: center;">CABBAGE</p> <p><i>Seen year-round in the supermarket, cabbage is best during the month of October. Look for heavy heads that are compact with no browning or wilting leaves. Not just for stuffed cabbage and coleslaw, cabbage can be roasted and sautéed for a somewhat nutty side dish with deep flavor.</i></p>	

Seniors Are Our First Priority

October

2018 Blooming Grove Activities 8 am-4 pm 570-775-5550

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Medical Transport	2 Arts & Crafts Tai Chi 10:30 Wii Bowling	3 Cards Dominoes, Rummikube	4 Bingo Exercise with Lana Wii Bowling Blood Pressure 	5 Cards Arts & Crafts 
8 Centers Closed 	9 Arts & Crafts Wii Bowling Bigger Shopping Shohola/Dingmans Computer Class Must Have Appt	10 Cards Dominoes, Rummikube Bigger Shopping Mil/Mat Grief Support 10:30	11 Bingo Wii Bowling Bigger Shopping Promised Land Safe Haven Visit 12:00-12:30 Flu Shots 10-12 tentative 	12 Cards Arts & Crafts 
15 Medical Transport	16 Arts & Crafts Tai Chi 10:30 Exercise with Lana Wii Bowling Computer Class Must Have Appt VA Rep @ 9:00	17 Cards Dominoes, Rummikube	18 Bingo Exercise with Lana Wii Bowling Ritter's Truck Blood Pressure 	19 Cards Arts & Crafts 
22 Medical Transport Ombudsman @ 1:30 Monday's Angels Alzheimer's Support @ 2:30	23 Arts & Crafts Tai Chi 10:30 Exercise with Lana Wii Bowling Computer Class Must Have Appt	24 Cards Dominoes, Rummikube	25 Bingo Exercise with Lana Wii Bowling Eye Glass Clinic 10:00-1:00 Birthday Celebration 	26 Cards 
29 Medical Transport	30 Arts & Crafts Tai Chi 10:30 Exercise with Lana Wii Bowling Computer Class Must Have Appt Halloween Costume Party	31 Cards Dominoes, Rummikube	FREE COMPUTER LESSONS Would you like to learn how to use the computer? Do you have questions about programs on the computer? Appointments are necessary Please call Lana at 570-775-5550 ext 1317 for appointments.	

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed Medical Transport	2 Cards, Games Lunch Cash Bingo 12 to 2	3 Cards, Games Lunch AARP Club	4 CLOSED	5 Bingo, Cards & Games Lunch Exercise & Line Dancing with Lana @ noon Healthy Steps in Motion
8 ALL CENTERS CLOSED COLUMBUS DAY	9 Cards, Games Lunch Cash Bingo 12 to 2	10 Cards, Games Lunch	11 CLOSED	12 Bingo, Cards & Games Lunch Exercise & Line Dancing with Lana @ noon I & R Healthy Steps in Motion Blood Pressure
15 Closed Medical Transport	16 Cards, Games Lunch Cash Bingo 12 to 2 Healthy Steps for Older Adults 9:00-12:30	17 Cards, Games Lunch Ritter's Truck Blind Assoc. Support (3rd Wed of month)	18 CLOSED	19 Bingo, Cards & Games Lunch Exercise & Line Dancing with Lana @ noon Healthy Steps in Motion
22 Closed Medical Transport	23 Cards, Games Lunch Cash Bingo 12 to 2	24 Cards, Games Lunch Golden Age Club	25 CLOSED	26 Bingo, Cards & Games Lunch Exercise & Line Dancing with Lana @ noon Healthy Steps in Motion Halloween Costume Party Safe Haven 11:30-12:00 Flu Shots 10-12 tentative
29 Closed	30 Cards, Games Lunch Cash Bingo 12 to 2	31 Cards, Games Lunch	Handicap Van available call Marge 570-491-5511	



BUSHKILL CENTER FOR ACTIVE ADULTS
Sponsored by Pike County Area Agency on Aging
Top of the World Restaurant at Saw Creek Estates
148 Cambridge Ct, Bushkill PA 18324
9:30 am to 2:00 pm

9:30am -Meet & Greet, Socializing, Tea and Coffee
9:30 to 11:00am-Games, Racquet Ball,
Exercise Room, Indoor Tennis
and many more activities
11:00 to 11:30am-Speaker
11:30 to 12 noon-Lunch; Light Menu

Price: \$2.50

All registration through Pike County
Area Agency on Aging only

Please call 570-775-5550

10/3-Rosemary Brown-11:30
10/3-Exercise & Dance with Lana 12:00-2:00
10/10-Water Aerobics 12:30-1:30
10/17-Yoga with Lori 12:30-1:30
10/17-Blood Pressure by Quality Healthcare
10/24-Water Aerobics 12:30-1:30
10/24-Glaucoma Testing 11:00-11:30
10/31-Halloween Costume Party

CENTER WITHOUT WALLS
WEDNESDAYS AT SAW CREEK ESTATES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cards & Games Exercise Lunch Medical Transport	2 CLOSED	3 Cards & Games Lunch Exercise with Annette or Lana <i>Healthy Steps in Motion</i>	4 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 <i>Safe Haven 12-12:30</i> 	5 CLOSED
8 ALL CENTERS CLOSED COLUMBUS DAY	9 CLOSED	10 Cards & Games Lunch Exercise with Annette or Lana <i>Healthy Steps In Motion I & R</i>	11 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 	12 CLOSED
15 Cards & Games Exercise Lunch Medical Transport	16 CLOSED	17 Cards & Games Lunch Exercise with Annette or Lana <i>Blood Pressure Healthy Steps In Motion</i>	18 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 	19 CLOSED
22 Cards & Games Exercise Lunch Medical Transport	23 CLOSED	24 Cards & Games Lunch Exercise with Annette or Lana <i>Line Dancing with Lana Healthy Steps in Motion Carol Kneier 12:00</i>	25 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 	26 CLOSED
29 Cards & Games Exercise Lunch Medical Transport <i>Safety Presentation</i>	30 CLOSED	31 Cards & Games Lunch Exercise with Annette or Lana <i>Celebrate Birthdays Halloween Costume Party</i>	If you receive home delivered meals, please remember the suggested donation is \$3 per meal per day.	

October

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Closed <i>Medical Transport</i>	2 Cards, Games Lunch Yoga w/Lori	3 CLOSED	4 CLOSED	5 Bingo, Cards & Games Lunch 
8 CLOSED COLUMBUS DAY	9 Cards, Games Lunch Yoga w/Lori <i>I & R</i>	10 CLOSED	11 CLOSED	12 Bingo, Cards & Games Lunch 
15 Closed <i>Medical Transport</i>	16 Cards, Games Lunch Yoga w/Lori	17 CLOSED	18 CLOSED	19 Bingo, Cards & Games Lunch <i>Flu Shots 10-12 tentative</i>
22 Closed <i>Medical Transport</i>	23 Cards, Games Lunch Yoga w/Lori <i>Blood Pressure Safe Haven 11:30-12</i>	24 CLOSED	25 CLOSED	26 Bingo, Cards & Games Lunch 
29 Closed <i>Medical Transport</i>	30 Cards, Games Lunch Yoga w/Lori <i>Halloween Costume Party Birthday Celebration</i>	31 CLOSED	 Join us in Blooming Grove on Thursdays at 12:30 for pinochle	

Matamoras June, July & August Birthdays



Dingman's August Birthdays



September Was Recovery Month



Tai-Chi with Bob at Blooming Grove



Brian LaVacca, Monroe Area Agency on Aging, Jenn Smith, Secretary of Drug & Alcohol, Susan Z, Carbon Area Agency on Aging, Dr. Rachel Levine, PA Secretary of Health, Robin LoDolce, Pike Area Agency on Aging, Theresa Osborne, PA Secretary of Aging

EVENTS and PROGRAMS



FREE Home delivery provided
by Lords Valley Village
Pharmacy 570-775-9555
and
Good Neighbor Pharmacy
570-828-7494

KNIGHTS OF COLUMBUS

sponsored home cooked meal Sunday,
October 21st at **ST. VINCENT'S
PARISH HALL** St. Vincent's Drive, Route
739, Dingmans Ferry 2:00 PM-4:00 PM.
All are welcome.

All you can eat **BREAKFAST** hosted by the
Knights of Columbus Sunday, October 14th
at St. Vincent's Parish Hall, Route 739
9:00 am to 11:00 am \$5.00

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.

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

SING—DANCE—LAUGH—REMEMBER

Special Day Trip Outing on the
shores of the Delaware River at the



Riverview Inn
402 Shay Lane
Matamoras, PA
18336
570-491-2173 or
1-800-988-7941

Bus Groups &
Individuals
welcome!

Thursday, October 11th 11:00 am to 3:00 pm
\$44.00 per person
Reserve before October 1st and save
\$4 per person

Rich Wilson will perform his nostalgic,
humorous & unforgettable show

Price per person includes:
Appetizer on arrival

Lunch served at noon: Tossed Garden Salad
with a hearty served sit down duet plate with
Duxelle Breast of Chicken & Sliced Top
Round of Beef, Vegetable DuJour, Potato &
House

Dessert. Coffee, Tea, Iced Tea, Soda, Open
Bar.

Vegetarian and gluten free also
available with prior request

VOTE!

IMPORTANT DATES
November 6th

October 9th.....Last Day to REGISTER

**October 30th....Last Day to apply for
absentee ballot**

**November 2nd...Last day for County Boards
of Elections to receive voted civilian
absentee ballots**

November 6th...General Election

**November 7th...First day to Register after
November election**

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

Protective Services & Options Supervisor - Robin Soares

Waiver Supervisor – Joan Edel

Nutrition Site Managers - Cherie Bland, Pam Capps, Jean Imperiale & David Zlasney
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 * Charlotte Bell*

**Jeanne Carlstedt * Jacqueline Eadicicco * Kathie Joseph * George Kanfer * Leatrice Langer * Barbara Leary*

** Marianne McMillin * Rev. Luann Scott * Joe Shevlin * Sue Siska * Catherine Steele * Rita Tepperman **

*Pike County Commissioners * Matt Osterberg * Ronald Schmalzle * 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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