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It is National Caregiver Appreciation Month, we are putting out some resources this month for our caregivers and their families.



Did you know that:
Alzheimer's disease has an unusual distinction: It's the illness that Americans fear most, more than cancer, stroke or heart disease.

Here are some CAREGIVER TIPS

- *Seek support from others, you are not alone
- *Take care of your own health so you can be strong enough to take care of your loved one
- *Accept offers of help and ask specific things that people can do to assist you
- *Learn how to communicate effectively with doctors
- *Caregiving is hard work so take respite breaks often
 - *Watch for signs of depression and seek professional help when necessary
- *Be open to new technologies that can help you care for your loved one
- *Organize medical information so it's up to date and easy to find
- *Make sure legal documents are up to date
- *Give yourself credit for doing the best you can on one of the toughest jobs ever.

ENTREES AT A GLANCE

Milk served with all meals

- 11/1-Beef Stroganoff
- 11/2-Chicken Nuggets
- 11/5-Salisbury Steak with Gravy
- 11/6-Chef Salad
- 11/7-Alaskan Pollock
- 11/8-Chicken Cordon Bleu
- 11/9-Swedish Meatballs
- 11/12-Closed Veterans Day
- 11/13-Teriyaki Meatballs
- 11/14-Sausage, Pepper & Onion Hoagie
- 11/15-Lemon Chicken
- 11/16-Chili Burger on a Bun
- 11/19-Salmon w/Herbed Butter
- 11/20-Hot Turkey, Gravy & Mashed Potatoes
- 11/21-Stuffed Cabbage
- 11/22 & 11/23 Closed Thanksgiving
- 11/26-Chicken Caesar Salad
- 11/27-Corned Beef & Cabbage
- 11/28-Hot Dog (s)
- 11/29-French Toast
- 11/30-Chili Con Carne & Rice

SALAD BAR-Thurs & Fri



HOT OFF THE PRESS

Governor Wolf Signs Two Bills to Aid Grandfamilies

Governor Tom Wolf signed into law 2 bills to aid "grandfamilies".

House Bill 1539, now Act 88 of 2018 and House Bill 2133, Act 89

Governor's Office 717-787-2500

Christmas Party at the

Lackawaxen Senior Center
Lackawaxen Fire Dept
Beisel Beck Rd & Rt 590
Lackawaxen PA 18435
Friday, December 7th

- Autumn Harvest Pumpkin Soup
- Stuffed Chicken Breast
- Red Skin Mashed Potatoes
- String Bean Almondine
- Dinner Roll
- Dessert

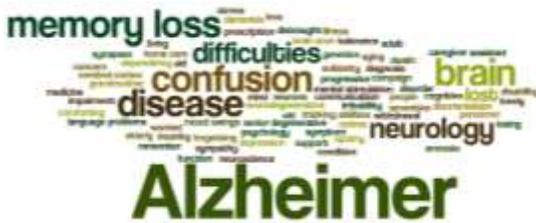
*Entertainment
Music
Dancing*

Meal Donation \$5.00

Please call 570-775-5550 for Reservations

November Greetings

We are welcoming a change in the seasons which is rapidly looking like fall, but feeling like winter. The year is coming to a close very soon and there doesn't seem to be a slow-down in business. The number of calls we are getting concerning families dealing with dementia-like issues and urgent needs for services is astounding. It is timely that November is also Caregiver month and Alzheimer's Awareness Month. We can't stress enough the importance of early planning and communicating frankly with loved ones. During a crisis is not the time to make long term care decisions. It is very emotional to see the deleterious effects of Alzheimer's disease. Speak with health care professionals about signs and symptoms as soon as possible as certain medications have been effective in delaying symptoms.



Check out Alz.org for a ton of information and resources. We also have two active Caregiver support groups occurring in Pike County, one here at the Blooming Grove Center the 2nd Monday at 1:30pm & the 4th Monday at 2:30pm and also in Milford Health and Wellness center for the Savy Caregiver classes. Contact them @ 570-409-8484 ext. 501.

See page 3 for all of the community events around the Thanksgiving Holiday this year. No one should go hungry this time of year. As we mention hunger, we are putting together a Hunger Coalition with our Pike County United Way partners. Look for updates on Second Harvest Food Bank, SNAP benefits, and other food and nutrition related resources here in and around Pike County.

November also brings the beginning of hunting season and lots of orange in the woods. Please be safe this year and contact the PA Game Commission with any concerns or questions 1-888-PGC-8001.

November 4th is "fall back" with the clocks and hopefully give us some much needed daylight in the early morning.

The holidays are NOT the time to let your immune system get run down

Although you may not be able to fully prevent a cold or flu this season, a healthy immune system is one way to give your body extra protection. Focusing on nutrient-rich foods and healthy lifestyle behaviors can help you and your family stay a step ahead of germs this season.

The following nutrients play a role in the immune system and can be found in a variety of foods:

- **Beta Carotene** is found in plant foods, such as sweet potatoes, spinach, carrots, mango, broccoli and tomatoes.
- **Vitamin C**-rich foods include citrus fruits, berries, melons, tomatoes, bell peppers and broccoli.
- **Vitamin D** is found in fatty fish and eggs. Milk and 100% juices that are fortified with vitamin D also are sources of this important nutrient.
- **Zinc** tends to be better absorbed from animal sources such as beef and seafood, but also is in vegetarian sources such as wheat germ, beans, nuts and tofu.
- **Probiotics** are "good" bacteria that promote health. They can be found in cultured dairy products such as yogurt and in fermented foods such as kimchi.
- **Protein** comes from both animal and plant-based sources, such as milk, yogurt, eggs, beef, chicken, seafood, nuts, seeds, beans and lentils.



Turkey Thawing Chart

Turkey Size	In the Refrigerator (Approximately 24 hours for every 4-5 lbs.)	In Cold Water (Approximately 30 minutes per lb.)
4 to 12 pounds	1 to 3 days	2 to 6 hours
12 to 16 pounds	3 to 4 days	6 to 8 hours
16 to 20 pounds	4 to 5 days	8 to 10 hours
20 to 24 pounds	5 to 6 days	10 to 12 hours

**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**



T h a n k s g i v i n g M e a l s

American Legion Post 139-Route 2001 & Cliff Park Rd., Milford, PA 18337 (where the helicopter is) will be having a “HOT” dinner Saturday, November 17th, starting at noon for **SENIORS ONLY.** Call 570-296-8805 for reservations until November 15th. You can leave a message with name, phone number and how many will be attending.

Good Shepard Episcopal Church-110 W. Catharine St., Milford, PA 18337 (corner of 5th St & West Catharine St) will be having a **HOT** dinner Thanksgiving Day, Thursday, November 22nd. Open to the public. 12 noon until 4:00 PM

St. Vincent Church-Parish Hall-101 St. Vincent Dr., Milford, PA 18337 will be having a **HOT** dinner Thanksgiving Day, November 22nd. Open to the public 11:00 until 5:00 pm. **Call 570-686-4545 for reservations.** Leave a message with name & phone number and how many will be attending.

Hawley United Methodist Church-315 Church St., Hawley, PA will be having a **HOT** dinner Thanksgiving Day, Thursday, November 22nd. Open to the public. 12:00 noon to 2:00 pm. **Call 570-226-3875 for reservations.** Take out available.



PEER Graduation 10/4/2018

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.



Row 1: Seated left to right: Bernadette Jones, Ombudsman; PEER Graduates: Lillian Bangs, Alice Bunce and Carol Lombaerde
 Row 2: Standing left to right: Andrew Seder, of PA State Senator Lisa Baker’s Office, Ron Schmalzle, Pike County Commissioner, Kelly Fedorka, Administrator at Milford Healthcare & Rehabilitation Center; Matthew Osterberg, Pike County Commissioner; Robin LoDolce, Executive Director Pike County Area Agency on Aging, Jill Gamboni, of PA State Representative Michael Peifer’s Office, Robin Soares, Options Supervisor Pike County Area Agency on Aging, Mary Anne Maloney-Evans, Serving Seniors, Inc. Executive Director, Joan Edel, Waiver Supervisor Pike County Area Agency on Aging, Linda Korgeski, Ombudsman, Kathy Eckert, Volunteer Ombudsman and Amanda Hanrahan, Activity Director Milford Healthcare & Rehabilitation Center

NOTICE

Eastern Pike Center @ Matamoras will be closed on Tuesdays starting November 6th FOR WINTER MONTHS Please check back for re-opening date.

We are still open on Wednesdays and Fridays



on Tuesdays only



If you have borrowed a wheel chair and do not need it any longer, please return it as we are in need of wheel chairs for our consumers.

If you receive home delivered meals, please remember the suggested donation is \$3.00 per meal per day.



**Give back to humanity
 Become a Red Cross Volunteer**

Our volunteers are as diverse as the people receiving our services. It takes all kinds of people to make this organization work –different ages, different backgrounds and different skills. Along the way, you will meet new friends and become an active member of your community.

Become a Red Cross volunteer today. You may find your own life changed in the process.

**Grace Palmer, Volunteer Recruitment Specialist
 grace.palmer@redcross.org or 570-234-2703**



Friday
November 16th
Eastern Pike
Center @
Matamoras

Dress in 50's attire
Prizes awarded
Music

For Reservations
Call 570-775-5550

Beets & Onions
Chili Burger on Bun
Confetti Corn
Tater Tots
Cake

\$3.00 meal donation

Help us celebrate
Veteran's Day with our
**Red, White & Blue
Thanksgiving Lunch**
as we honor our Veterans
at the Blooming Grove
Senior Center on Tuesday,
November 20th at 10:00am



Split Pea Soup
Turkey, Gravy & Mashed Potatoes
Stuffing
Succotash
Banana Cake
Make you own sundae bar

\$2.50 meal donation
Call 570-775-5550 for reservations



MEDICARE OPEN ENROLLMENT

The Pike County APPRISE Program is now scheduling appointments for Medicare's Annual Open Enrollment Period. Our schedule, listed below, is by APPOINTMENT ONLY. Please call Chris at 570-775-5550 ext. 1313 to schedule an appointment.

Monday, 11/05-Lackawaxen Senior Center, Beisel Beck Rd & 590, Lackawaxen

Wednesday, 11/14-Bushkill Center for Active Adults, Saw Creek Estates, 148 Cambridge Ct, Bushkill

Thursday, 11/15-Westfall Apartments, 132 Hulst Dr, Matamoras

Tuesday, 11/20-Newfoundland Library, 954 Main St, Newfoundland

Monday, 11/26-Lackawaxen Senior Center, Beisel Beck Rd & 590, Lackawaxen

Tuesday, 11/27-Westfall Apartments, 132 Hulst Dr, Matamoras

Wednesday, 11/28-Bushkill Center for Active Adults, Saw Creek Estates, 148 Cambridge Ct, Bushkill

Thursday, 11/29-Pike County Aging Office, 150 Pike County Blvd, Hawley (Lord's Valley)



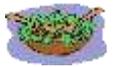
VOLUNTEERS are needed!

If you are a Caring individual and have a few hours a month, and are interested in making a difference in the lives of our area nursing home and personal care home residents in Pike County please consider joining our team as a Volunteer Ombudsman.

Volunteers assist in advocating for resident rights.

Contact the Ombudsman Program at Serving Seniors, Inc. at 570-344-7190 or email at lcombudsman@epix.net.

Training is provided.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Election day</i> Tuesday, November 6th Exercise your right to vote</p>			<p>1 Waldorf Salad Beef Stroganoff Egg Noodles Squash Rye Bread Apple Sauce</p> 	<p>2 Orange Juice Chicken Nuggets Oven Browned Potatoes Broccoli & Cauliflower Dinner Roll Fruit Crisp</p> 
<p>5 Lentil Soup Salisbury Steak with Gravy Corn Mashed Potatoes Whole Wheat Bread Fruited Jell-O</p>	<p>6 Yogurt Cup Chef Salad (Turkey, Ham, Cheese, Lettuce & Tomato) Dinner Roll Fresh Fruit</p>	<p>7 Southwest Corn Chowder Alaskan Pollock Rice Medley Green Beans Rye Bread Fruit Cocktail</p>	<p>8 Carrot Raisin Salad Chicken Cordon Bleu Rice Medley Peas & Onions Wheat Bread Ice Cream</p> 	<p>9 Cucumber Salad Swedish Meatballs Rotini Pasta & Gravy Carrots Dinner Roll Pineapples</p> 
<p>12 CENTERS CLOSED</p> 	<p>13 Asian Slaw Teriyaki Meatballs Rice Stir Fried Vegetables Dinner Roll Fresh Fruit</p>	<p>14 Tossed Salad Italian Sausage, Pepper & Onion Hoagie Oven Browned Potatoes Chocolate Pudding</p>	<p>15 Cole Slaw Lemon Chicken Sautéed Zucchini Wheat Bread Peaches</p> 	<p>16 Beets & Onions Chili Burger on Bun Confetti Corn Tater Tots Cake</p> 
<p>19 Corn & Black Bean Salsa Salmon w/Herbed Butter Rice Carrots Pears</p>	<p>20 Split Pea Soup Hot Turkey, Gravy & Mashed Potatoes Stuffing Succotash Banana Cake</p> <p>SUNDAE BAR Red, White & Blue Thanksgiving</p>	<p>21 Turkey Noodle Soup Stuffed Cabbage Carrots Mashed Potatoes Oatmeal Cookies</p>	<p>22 Happy  Thanksgiving!</p>	
<p>26 Beef Barley Soup Crax Chicken Caesar Salad (Chicken, Romaine Lettuce, Tomatoes, Croutons) Pasta Salad Dinner Roll Chocolate Cake</p>	<p>27 Cranberry Juice Corned Beef & Cabbage Boiled Potatoes & Carrots Rye Bread Oatmeal Fruit Crisp</p>	<p>28 Tossed Salad Hog Dog (s) Bun Baked Beans Potato Salad Mandarin Oranges</p>	<p>29 V-8 Juice French Toast with Apple Compote Sausage Patties Blueberry Muffin Fresh Fruit</p> 	<p>30 Grape Juice Chili Con Carne & Rice Corn & Red Peppers Corn Bread Muffin Granola Bar</p> 

Seniors Are Our First Priority

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Sunday, November 4, 2018, 2:00 am clocks are turned backward 1 hour</p>				<p>1 Bingo Exercise with Lana Wii Bowling</p> <p>Blood Pressure</p> 
<p>5 Medical Transport</p>	<p>6 Arts & Crafts Wii Bowling Computer Class Must Have Appt</p> <p>Bigger Shopping Dingmans & Shohola</p> 	<p>7 Cards Dominoes, Rummikube</p> <p>Bigger Shopping Mil/Mat</p>	<p>8 Bingo Wii Bowling</p> <p>Bigger Shopping Promised Land</p> <p>Safe Haven Visit 12:00-12:30</p> 	<p>9 Cards Arts & Crafts</p> 
<p>12 CENTERS CLOSED</p>  <p>Veterans Day</p>	<p>13 Arts & Crafts Tai Chi 10:30 Exercise with Lana Wii Bowling Stroke Prevention @ 12</p> <p>Computer Class Must Have Appt</p>	<p>14 Cards Dominoes, Rummikube</p> <p>Grief Support 10:30</p>	<p>15 Bingo Exercise with Lana Wii Bowling</p> <p>Blood Pressure</p> 	<p>16 Cards Arts & Crafts</p> 
<p>19 Medical Transport</p> <p>Advisory Board @ 12:30</p> <p>Committee Meetings @ 10:30</p> <p>Monday's Angels Alzheimer's Support @ 2:30</p>	<p>20 Arts & Crafts Tai Chi 10:30 Wii Bowling Computer Class Must Have Appt</p> <p>Red, White & Blue Thanksgiving</p> <p>VA Rep @ 9:30</p>  <p>C.A.R.I.E. Speaker @ 12:00</p>	<p>21 Cards Dominoes, Rummikube</p>	<p>22 CENTERS 23 CLOSED</p> 	
<p>26 Medical Transport Ombudsman @ 1:30</p> <p>Monday's Angels Alzheimer's Support</p>	<p>27 Arts & Crafts Tai Chi 10:30 Exercise with Lana Wii Bowling</p> <p>Computer Class Must Have Appt</p>	<p>28 Cards Dominoes, Rummikube</p>	<p>29 Bingo Exercise with Lana Wii Bowling</p> <p>Birthday Celebration</p> 	<p>30 Cards Arts & Crafts</p> 

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

Monday	Tuesday	Wednesday	Thursday	Friday
 Find us on Facebook			1 CLOSED	2 Bingo, Cards & Games Lunch Exercise & Line Dancing with Lana @ noon Healthy Steps in Motion 
5 Closed Medical Transport	6 Closed ELECTION DAY	7 Cards, Games Lunch AARP Club	8 CLOSED	9 Bingo, Cards & Games Lunch Exercise & Line Dancing with Lana @ noon Blood Pressure 
12 Closed Medical Transport	13 Closed	14 Cards, Games Lunch	15 CLOSED	16 Bingo, Cards & Games Lunch Exercise & Line Dancing with Lana @ noon Rock & Roll Ice Cream Social Safe Haven Visit 11:30-12:30 Stroke Prevention Speaker @ 12 
19 Closed Medical Transport	20 Closed	21 Cards, Games Lunch Blind Assoc. Support <i>(3rd Wed of month)</i>	22 CLOSED	23 CENTERS CLOSED 
26 Closed Medical Transport	27 Closed	28 Cards, Games Lunch Golden Age Club	29 CLOSED	30 Bingo, Cards & Games Lunch Exercise & Line Dancing with Lana @ Noon C.A.R.I.E Presentation @ 12:00 Birthday Celebration 



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

11/7-Exercise & Dance with Lana 12:00-2:00
11/14-C.A.R.I.E Speaker 11:00
11/14-Water Aerobics with Darcie 12:30-1:30
11/14-Safe Haven Visit
11/21-Yoga with Lori 12:30-1:30
11/21-Blood Pressure
11/28-Exercise with Michelle 12:30-1:30

Price: \$2.50

You do not need to be a resident of Saw Creek Estates to participate

All registration through Pike County Area Agency on Aging only

Please call 570-775-5550

CENTER WITHOUT WALLS
WEDNESDAYS AT SAW CREEK ESTATES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Your smile is more important than anything else you wear!</p> <p>Smile!</p>			<p>1 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 </p> <p>Safe Haven Visit 12:00</p>	<p>2 CLOSED</p>
<p>5 Cards & Games Exercise Lunch Medical Transport</p>	<p>6 CLOSED</p> <p>Election Day</p>	<p>7 Cards & Games Lunch Exercise with Annette or Lana</p>	<p>8 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 Flu Shots 10-12</p> 	<p>9 CLOSED</p>
<p>12 Centers Closed</p> <p>VETERANS DAY</p>	<p>13 CLOSED</p>	<p>14 Cards & Games Lunch Exercise with Annette or Lana</p>	<p>15 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00</p> 	<p>16 CLOSED</p>
<p>19 Cards & Games Exercise Lunch Medical Transport</p>	<p>20 CLOSED</p>	<p>21 Cards & Games Lunch Exercise with Annette or Lana</p> <p>Line Dancing with Lana</p>	<p>22 ALL Centers CLOSED</p> 	<p>23 CLOSED</p>
<p>26 Cards & Games Exercise Lunch Medical Transport</p>	<p>27 CLOSED</p>	<p>28 Cards & Games Lunch Exercise with Annette or Lana</p> <p>Celebrate Birthdays</p>	<p>29 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 </p> <p>Safe Haven Visit 12-12:30</p>	<p>30 CLOSED</p>

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>A thankful heart is not only the greatest virtue but the parent of all other virtues.</i></p>			<p>1 Closed</p>	<p>2 Bingo, Cards & Games Lunch</p> 
<p>5 Closed Medical Transport</p>	<p>6 Cards, Games Lunch Yoga w/Lori</p> <p>Election Day</p>	<p>7 Closed</p>	<p>8 Closed</p>	<p>9 Bingo, Cards & Games Lunch</p> 
<p>12 Closed Medical Transport</p>	<p>13 Cards, Games Lunch Yoga w/Lori</p> <p>Flu Shots tentative 10-12</p>	<p>14 Closed</p>	<p>15 Closed</p>	<p>16 Bingo, Cards & Games Lunch</p> 
<p>19 Closed Medical Transport</p>	<p>20 Cards, Games Lunch Yoga w/Lori</p> <p>Blood Pressure</p>	<p>21 Closed</p>	<p>22 Closed</p>	<p>23 CENTERS CLOSED</p> 
<p>26 Closed Medical Transport</p>	<p>27 Cards, Games Lunch Yoga w/Lori</p> <p>Safe Haven Visit 11:30-12:00 Birthday Celebration</p>	<p>28 Closed</p>	<p>29 Closed</p>	<p>30 Bingo, Cards & Games Lunch</p> 

Bushkill Center for Active Adults at Saw Creek Estates



Grand Opening Celebration



EVENTS and PROGRAMS



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

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

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



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

KNIGHTS OF COLUMBUS
sponsored home cooked meal 3rd Sunday of the month **ST. VINCENT'S PARISH HALL** St. Vincent's Drive, Route 739, Dingmans Ferry 2:00 PM-4:00 PM.
All are welcome.

The Food Pantry Program at the Church at Hemlock Farms will be open 3rd Monday of the month from 4:00 to 6:30PM
Registration is a **MUST** prior to distribution. Please register by calling the church office at 570-775-6787

All you can eat **BREAKFAST** hosted by the Knights of Columbus 2nd Sunday of month St. Vincent's Parish Hall, Route 739 9:00 am to 11:00 am \$5.00

Handicap Van available call Marge 570-491-5511



 RSVP of Pike, Wayne & Berks Counties*
Volunteer Opportunities
Home Delivered Meal Drivers
Senior Center Kitchen Help
APPRISE (Medicare counselors)

For more information on these or other opportunities, please call Dawn Houghtaling, RSVP Coordinator at 570-390-4540 or email to houghtalingd@diakon.org.

**RSVP is funded by the Corporation for National and Community Service and managed by Diakon Community Services.*

FREE COMPUTER LESSONS
Are you electronically challenged?
Do you need help with the computer?
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.

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
570-775-5550

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
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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