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ENTREES AT A GLANCE

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

- 2/1-Teriyaki Meatballs
- 2/4-Lemon Chicken
- 2/5-Salisbury Steak
- 2/6-Chili Burger on Bun
- 2/7-Italian Meatballs
- 2/8-Alaskan Pollock
- 2/11-Chef Salad
- 2/12-Chicken Cordon Bleu
- 2/13-Fish Sticks
- 2/14-Stuffed Chicken Breast
- 2/15-Pot Roast & Gravy
- 2/18-CENTERS CLOSED
- 2/19-Chili Con Carne
- 2/20-Meatloaf & Gravy
- 2/21-Hot Turkey, Gravy & Potatoes
- 2/22-Stuffed Cabbage
- 2/25-French Toast
- 2/26-BBQ Chicken Breast
- 2/27-Stuffed Shells
- 2/28-Italian Sausage Hoagie

SALAD BAR-Thurs & Fri





Volunteer Luncheon
May 3, 2019



IRS trained Tax Preparers will be at Blooming Grove, and Matamoras Boro Hall for tax payer assistance

Tax-Aide for those with low to moderate income, with special attention to those age 60 or older. This will be by appointment ONLY. Beginning February 5th Tuesdays, Wednesdays and Thursdays in Blooming Grove. Tuesdays in Matamoras starting February 12th. Business income preparation is by CEZ form ONLY.

Please note what to bring when you come:

IT IS IMPERATIVE that you bring a copy of last year's income tax returns, and a form of ID

- *W-2 forms for each employer
 - *SSA-1099 form if paid Social Security
 - * All 1099 forms (1099-INT, 1099-DIV, 1099-B, etc.)
 - * 1099-MISC showing any miscellaneous income
 - * 1099-R form if you receive a pension or an annuity
 - * All forms indicating federal income tax paid
 - * Bank documentation relevant to mortgage debt forgiveness
 - *Dependent care provider information (name, employer ID/Social Security numbers)
 - *All details if itemizing deductions
 - *Social Security cards or other documentation for yourself and all dependents
 - *All paid property tax bills
- TAX DOCUMENTS TO BRING REGARDING YOUR HEALTH INSURANCE:**
- *Health insurance coverage for you, your spouse & dependents
 - *If you do not have a full year coverage, bring information on monthly coverage
 - *If you purchased health insurance through the Health Care marketplace you must bring form 1095
 - *Bring any health care exemptions received from the IRS or the Health Care marketplace

**TAX PREPARATION IS BY APPOINTMENT ONLY
CALL 775-5550 FOR AN APPOINTMENT**

Upon completion of tax preparation, You will receive a copy of your taxes. **DO NOT LOSE THEM.** The Tax Preparers do not keep any records. During bad weather, if the schools are closed, tax appointments are automatically cancelled, call to reschedule. If there is a 2 hour school delay (Delaware Valley & Wallenpaupack), tax preparation appointments begin at noon. All morning (A.M.) tax appointments are automatically cancelled.

Call to reschedule your appointment 570-775-5550

February, the month of hearts and flowers

The shortest month is here and we are happy because **PUNXSUTAWNEY PHIL** is going to predict an early Spring. As the arctic air blew through us in January and left us yearning for mild temps, please stay warm and remember where to find shelter in a power outage. Stock up on your candles, flashlights, batteries, medication, and bottled water. We provide a refuge from the cold at our senior centers every day of the week.



2019 is underway and this is our 30th year as Pike County Area Agency on Aging. We are excited to celebrate the many achievements of the Agency over the years. The Agency was a combined Area Agency on Aging with both Monroe and Wayne Counties until 1979 when Monroe went on its own. It was 1989 when, then Director Linda Peifer took the county solo and Wayne County AAA went under the leadership of Andrea Whyte. We are hoping both ladies will be joining us this year during one of our events. Laura Guccini Engle is also returning to our Agency in an advisory council role. Laura was part of the three county joinder before leaving in the 70's to raise her family. Laura recently told me that when she was here, the County had just one van for transporting!

It is on this theme that we are also able to celebrate Alma's birthday in Lackawaxen. Alma, if you didn't know, was our Lackawaxen site manager who "did it all" from transporting to cooking to finding healthy articles and information for the community. Alma was here before the State Department of Aging was involved. Great community leader.

Love your pet day February 20th Don't forget to hug fido this date.

Did you know having a pet can decrease your:

Blood pressure *** Cholesterol levels *** Triglyceride levels *** Feelings of loneliness
Don't wait, call the Pike County humane Society today and make a furry friend happy. (570) 296-7654

It was "shake the Blues away" in January and we thank all who hung in there and attended the centers last month for our limited time reduced donation (\$1.50). For February we are doing a Senior Center challenge. See page 3 for what is included. The AARP Tax preparers will be here this month and in Matamoras. We are thankful to Monica and all of her volunteers. If you are working with one of our Care managers and coming in to get your taxes done, don't forget to update your income statements while you are here. The 2019 cost share scales for our OPTIONS and lottery funded home and community based services is not out yet, but we will be updating everyone throughout the coming months.



The Pennsylvania Department of Aging received a Music and Memory Grant. Our northeast region will be planning out the program regionally. This is an exciting endeavor that worked well in the Adult Day programs and now will be introduced in the community as well.



Provide a way to give joy to people with dementia and their caregivers
Enhance engagement and socialization
Increase verbal communication
Increase caregiver sense of preparedness and well-being
Decrease caregiver burden
Reduce behavior management issues
Delay admission into a nursing home

Further details to come...



Lana's Voice

New Year Better Life
I would like to make a few suggestions.

Making a resolution to get active? Physical activity is necessary for a healthy lifestyle. Performing at least 30 minutes of moderate exercise on most days of the week can help you stay fit. You can burn about 150 calories a day or about 1,000 calories a week by doing moderate exercise. Limiting the amount of saturated fat you eat can keep your heart healthy and make it easier to maintain your weight. Choose mostly monounsaturated fats like those found in olive oil, canola oil and peanut oil.



Knees hurting?
Hard to bend?
Tired all the time?
Well, stop complaining and do something about it.

Having a better life is up to YOU, we can tell you what you're doing wrong, but we can't do it for you THAT'S UP TO YOU!!!! Please come join me for free exercises and healthy talks. All our exercise and dance classes are free at any of our senior centers. Check newsletter for what center and which instructor. Please become more active and healthier. This is the year to do it with us. Lets LIVE IT UP AND HAVE FUN!!!

Thanks,

Your friend Lana

105 FM
106.9 FM
103.5 FM
96.7 FM
103.5 FM
107.7 FM
105.3 FM
104.3 FM
95.3 FM
98.3 FM
1400 AM

Keep this list handy

This is a list of radio stations to turn to during an emergency when other means of communication are not available due to damage to their infrastructures.



**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

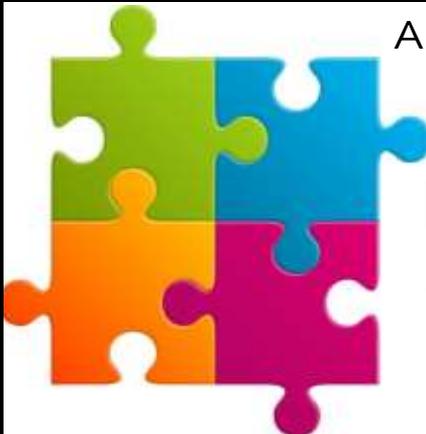


Are you up for a little friendly competition?

Beginning the first week of March
ALL CENTERS will begin to work on a

1000 PIECE **PUZZLE**

The center to finish the puzzle first will be the winner of a Pizza Party



Radon is an odorless, colorless radioactive gas that occurs naturally from the breakdown of uranium in soil and rocks and enters homes through cracks in the foundation or other openings. High levels of radon tend to be found in basements, but the gas can be found anywhere in the home.

RADON: It's radioactive and it's real.

- Radon is an odorless radioactive gas found in soil that can enter your home through cracks in the foundation.
- Radon is a known human carcinogen and leading cause of lung cancer.
- Our state geology puts Pennsylvanians at risk of high radon levels.



Protect yourself and your loved ones: Do a home radon test.

DIY test kits are easy, inexpensive, and sold at hardware stores.



dep.pa.gov/radon
1-800-23RADON

Winter is a good time to test for radon, because doors and windows are generally closed, providing more accurate results. Simple radon test kits are inexpensive and available at home improvement and hardware stores.

Source:
PA State Representative
Rosemary Brown

RSVP of Pike, Wayne & Berks Counties* Volunteer Opportunities

Pike County Area Agency on Aging
Home-Delivered Meal Drivers, Senior Center Kitchen Help
APPRISE - Medicare Counselors
Pike County Hands of Hope
Hopeline Volunteer, Outreach Coordinator, Board Members
American Red Cross
Blood Donor Ambassador, Pillowcase Project, Recruitment
Bushkill Outreach Program, Inc.
food pick-up driver, front desk

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

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

Take action to prevent vision loss

More than 3 million people in the United States have glaucoma. Glaucoma is a group of diseases that can cause permanent vision loss and blindness. Some forms of glaucoma don't have any symptoms, so you may still have glaucoma even if you don't have any trouble seeing or feel any pain. If you find and get treatment for glaucoma early, you can protect your eyes from serious vision loss.

You're at high risk for glaucoma if one or more of these applies to you:

- You have diabetes.
- You have a family history of glaucoma.
- You're African American and 50 or older.
- You're Hispanic and 65 or older.

[Medicare will cover a glaucoma test](#) once every 12 months if you're at high risk.

Talk to your doctor or eye doctor for more information about scheduling a test.



Steps Caregivers Can Take to Prevent Wandering

Pay attention to the individual's patterns—frequency, duration, time of day, etc., and prepare activities that can be used to redirect their attention, as needed.

Provide opportunities for socialization and engagement for the individual. Keeping busy can help reduce boredom and desire to wander. Consider recreation or other therapeutic activities such as art or music.

Know the individual's past and present favorite spots in the neighborhood. In the event he or she wanders from home, this will help when looking for them.

Ensure the person's basic needs (food, beverages, utilizing the restroom, etc.) are met.

Utilize medical identification bracelets, necklaces, and tracking devices for monitoring.

Install electronic chimes or doorbells on doors so someone is alerted if the individual tries to exit, but be mindful of how this can impact the individual.

Reduce environmental stimuli, such as loud noises or crowds, which can be disorienting.

Ensure current photographs of the individual and their medical information are available, if needed.

Familiarize yourself with your state's public alert service and your local police department or call 911.

Keep a list of local hospitals in case the individual is admitted into one.

Know the individual's phone carrier and number to track by phone.

FORM SSA-1099 – SOCIAL SECURITY BENEFIT STATEMENT

2018 PART OF YOUR SOCIAL SECURITY BENEFITS SHOWN IN BOX 5 MAY BE TAXABLE INCOME. SEE THE REVERSE FOR MORE INFORMATIONAL.

Box 1: Name
Box 2: Beneficiary's Social Security Number
Box 3: Benefits Paid in 2018
Box 4: Benefits Reported to SSA in 2018
Box 5: Total Benefits for 2018 (Box 3 plus Box 4)
Box 6: Claim Number (Write the number if you need to contact SSA)

DESCRIPTION OF AMOUNT IN BOX 3
DESCRIPTION OF AMOUNT IN BOX 4

If you have not yet received this social security benefit statement you will be receiving it very soon. It is imperative that you keep it in a safe, easily accessible place. You may need it throughout the year to access any benefits.

ATTENTION PLEASE!

DO NOT RETURN THIS FORM TO SSA OR IRS



Come join us for a Pizza Party as we celebrate a very special person, Alma Brown-Keller in Lackawaxen on Monday February 11th.

Reservations are a MUST please call 570-775-5550

Festivities begin at 11:00.
Lunch will be served at 12:00

Alma was the first Site Manager in Lackawaxen which opened on April 1, 1974.

Over the years, Alma has worn many hats. She volunteered for the Lackawaxen Fire Dept. and ambulance. She was a religious instructor, a 4H Program and Girl Scout leader as well as a first aid instructor.

VOLUNTEERS NEEDED FOR THE OMBUDSMAN PROGRAM



If you are concerned about rights of nursing home & personal care home residents and are interested in making a difference then you would be perfect for the **Volunteer Ombudsman Program**. Please call 570-344-7190 or send email to lcombudsman@epix.net



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>If you receive home delivered meals, please remember the suggested donation is \$3.00 per meal per person per day.</p> 		<p><i>The tide of life is sometimes very rough but each storm ridden through makes us a better captain of our souls.</i></p> <p><i>Time doesn't heal, but it makes the hurt bearable</i></p>		<p>1 Mandarin Salad Teriyaki Meatballs Rice Stir Fried Vegetables Wheat Bread Vanilla Pudding</p> 
<p>4 Apple Juice Lemon Chicken Baked Potato Creamed Spinach Wheat Bread Peaches</p>	<p>5 Green Bean & Tomato Salad Salisbury Steak Mashed Potatoes with Gravy Corn Chocolate Cake</p>	<p>6 Cole Slaw Chili Burger on Bun Tater Tots Peas Fresh Fruit</p>	<p>7 Tomato Orzo Soup & Crackers Italian Meatballs, Pasta & Tomato Sauce Pacific Medley Italian Bread Pears</p> 	<p>8 Lentil Soup Alaskan Pollock Rice Medley Green Beans Rye Bread Fruited Jell-O</p> 
<p>11 Yogurt Cup Chef Salad (Turkey, Ham, Cheese, Lettuce & Tomato Dinner Roll Fruit Crisp</p>	<p>12 Carrot Salad Chicken Cordon Bleu Rice Medley Peas & Onions Rye Bread Fruit Cocktail</p>	<p>13 Turkey Noodle Soup Fish Sticks Fried Potatoes & Onions Corn Medley Wheat Bread Fresh Fruit</p>	<p>14 Hearty Beef Barley Broccoli & Cheese Stuffed Chicken Au Gratin Potatoes Green Beans Dinner Roll Pecan Caramel Brownie</p> 	<p>15 Tossed Salad Roast Beef & Gravy Mashed Potatoes Succotash Rye Bread Ice Cream</p> 
<p>18 CENTERS CLOSED</p> 	<p>19 Red Cabbage Slaw Chili Con Carne Rice Corn & Red Peppers Corn Bread Muffin Pineapples</p>	<p>20 Tossed Salad Meatloaf & Gravy Baked Potato & Sour Cream Peas & Carrots Chocolate Pudding</p>	<p>21 Split Pea Soup Hot Turkey, Gravy & Mashed Potatoes Herbed Spinach Dinner Roll Jell-O</p> 	<p>22 Orange Juice Stuffed Cabbage Carrots Mashed Potatoes Rye Bread Fresh Fruit</p> 
<p>25 V-8 Juice French Toast with Apple Compote Syrup Sausage Patties Blueberry Muffin</p>	<p>26 Cranberry Juice BBQ Chicken Breast Rice Pilaf Brussel Sprouts Wheat Bread Fresh Fruit</p>	<p>27 Beets & Onions Stuffed Shells with Tomato Sauce Italian Green Beans Italian Bread Cookies</p>	<p>28 Waldorf Salad Italian Sausage Onions & Peppers on Hoagie Roll Home Fried Potatoes Pistachio Pudding</p> 	<p><i>He who seeks a friend without a fault remains without one</i></p> <p><i>An admission of error is a sign of strength rather than a weakness</i></p>

Seniors Are Our First Priority

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>If you have Medicare questions, please call Chris at 570-775-5550 x 1313</p> 		<p>REMINDER You will be receiving your new social security statement and 1099, it is important to keep this documentation handy as this is needed to receive any benefits.</p>		<p>1 Cards Arts & Crafts</p>
<p>4 Medical Transport</p>	<p>5 Arts & Crafts Wii Bowling</p> <p>Computer Class Must Have Appt</p> <p>Bigger Shopping Dingmans & Shohola</p>	<p>6 Cards Dominoes, Rummikube</p> <p>Bigger Shopping Mil/Mat</p>	<p>7 Bingo Wii Bowling</p> <p>Blood Pressure</p> <p>Bigger Shopping Promised Land</p>	<p>8 Cards Arts & Crafts</p>
<p>11 Medical Transport Committee Mtg @ 10:30</p> <p>Advisory Mtg @ 12:30&</p> <p>Monday's Angels Alzheimer's Support @ 1:30</p>	<p>12 Arts & Crafts Tai Chi 10:30 Wii Bowling</p> <p>Computer Class Must Have Appt</p>	<p>13 Cards Dominoes, Rummikube</p>	<p>14 Bingo Exercise with Lana Wii Bowling</p> <p>Valentine's Day Party</p>	<p>15 Cards Arts & Crafts</p>
<p>18 CENTERS CLOSED</p> 	<p>19 Arts & Crafts Tai Chi 10:30 Wii Bowling</p> <p>VA Rep @ 9:00</p> <p>Computer Class Must Have Appt</p>	<p>20 Cards Dominoes, Rummikube</p>	<p>21 Bingo Exercise with Lana Wii Bowling</p> <p>Blood Pressure</p>	<p>22 Cards Arts & Crafts</p>
<p>25 Medical Transport Ombudsman @ 1:30</p> <p>Monday's Angels Alzheimer's Support @ 2:30</p>	<p>26 Arts & Crafts Tai Chi 10:30 Wii Bowling</p> <p>Computer Class Must Have Appt</p>	<p>27 Cards Dominoes, Rummikube</p>	<p>28 Bingo Exercise with Lana Wii Bowling</p> <p>Birthday Celebration</p>	<p><i>The really happy man is the one who can enjoy the scenery even when he has to take a detour</i></p>

Monday	Tuesday	Wednesday	Thursday	Friday
 <h1>WILL HE SEE HIS SHADOW?</h1>				1 Bingo, Cards & Games Lunch 
4 Closed <i>Medical Transport</i>	5 Closed	6 Cards, Games Lunch AARP Club	7 CLOSED	8 Bingo, Cards & Games Lunch Exercise & Line Dancing with Lana @ noon Blood Pressure 
11 Closed <i>Medical Transport</i>	12 Closed	13 Cards, Games Lunch	14 CLOSED	15 Bingo, Cards & Games Lunch Exercise & Line Dancing with Lana @ noon Valentine's Day Party 
18 Centers Closed 	19 Closed	20 Cards, Games Lunch Blind Assoc. Support <i>(3rd Wed of month)</i>	21 CLOSED	22 Bingo, Cards & Games Lunch Exercise & Line Dancing with Lana @ Noon Birthday Celebration Safe Haven Visit @ 11:30 
25 Closed <i>Medical Transport</i>	26 Closed	27 Cards, Games Lunch Golden Age Club	28 CLOSED	<div style="border: 2px dashed black; padding: 10px; text-align: center;"> "Every house needs a grandmother in it." Louisa May Alcott </div>



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

2/6-Exercise with Lana 12:00-2:00
 2/13-Safe Haven Visit @ 11:00
 2/13-Water Aerobics with Darcie 12:30-1:30
 2/20-Yoga with Lori 12:30-1:30
 2/27-Exercise with Michelle 12:30-1:30

Price: \$2.50

All registration through Pike County
 Area Agency on Aging only

Please call 570-775-5550

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

CENTER WITHOUT WALLS
 WEDNESDAYS AT SAW CREEK ESTATES

February

2019 Lackawaxen/Shohola Township 9 am-2 pm 570-685-7808

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>In 1991 transportation driver hours for the year were 430 and volunteer hours were 199</i></p>				<p>1 CLOSED</p>
<p>4 Cards & Games Exercise Lunch</p>	<p>5 CLOSED</p>	<p>6 Cards & Games Lunch Exercise <i>Tai-Chi with Bob @ 10:30</i></p>	<p>7 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00</p> 	<p>8 CLOSED</p>
<p>11 Cards & Games Exercise Lunch</p>	<p>12 CLOSED</p>	<p>13 Cards & Games Lunch Exercise with Lana</p>	<p>14 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 <i>Valentine's Day Party</i></p> 	<p>15 CLOSED</p>
<p>18 Centers Closed</p> 	<p>19 CLOSED</p>	<p>20 Cards & Games Lunch Exercise <i>Blood Pressure</i></p>	<p>21 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00</p> 	<p>22 CLOSED</p>
<p>25 Cards & Games Exercise Lunch</p>	<p>26 CLOSED</p>	<p>27 Cards & Games Lunch Exercise <i>Line Dancing with Lana Celebrate Birthdays</i></p>	<p>28 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 <i>Safe Haven Visit @ 12</i></p> 	

February

2019 Dingmans's Center 9am-2pm 570-828-7812

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Did you know the office was in three different locations around the county before landing in our current location in 1999</i></p>				<p>1 Bingo, Cards & Games Lunch</p> 
<p>4 Closed Medical Transport</p>	<p>5 Cards, Games Lunch <i>Yoga w/Lori @ 10:30</i></p>	<p>6 Closed</p>	<p>7 Closed</p>	<p>8 Bingo, Cards & Games Lunch</p> 
<p>11 Closed Medical Transport</p>	<p>12 Cards, Games Lunch <i>Yoga w/Lori @ 10:30 Valentine's Day Party</i></p>	<p>13 Closed</p>	<p>14 Closed</p>	<p>15 Bingo, Cards & Games Lunch</p> 
<p>18 Closed</p> 	<p>19 Cards, Games Lunch <i>Yoga w/Lori @ 10:30 Safe Haven Visit @ 11:30</i></p>	<p>20 Closed</p>	<p>21 Closed</p>	<p>22 Bingo, Cards & Games Lunch</p> 
<p>25 Closed Medical Transport</p>	<p>26 Cards, Games Lunch <i>Yoga w/Lori @ 10:30 Birthday Celebration</i></p>	<p>27 Closed</p>	<p>28 Closed</p>	

Yoga with Lori in Dingmans



Tai-Chi with Bob in Lackawaxen

Eyeglass Clinic in Blooming Grove



Look at all the choices! Oh my



December Birthday In Lackawaxen



December Birthday in Matamoras

America is the only Country where it takes more brains to make out the income tax return than it does to make the income



November Birthdays in Blooming Grove



November Birthdays in Matamoras



If you borrowed a wheel chair and do not need it any longer, please return it. Thank you

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



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



This beautiful organ needs a home.
It's yours for the taking.
Please call 570-775-5550 to make arrangements to pick up.

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.

Ecumenical Food Pantry
321 5th St., Milford
570-618-1568
Fridays: 6:30-7:30
Eligibility is based on SNAP guidelines
Photo ID & verification of address is required
No appointments necessary



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 COMPUTER LESSONS
Appointments are necessary
Please call Lana at 570-775-5550
Ext 1317 for appointments.

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

Fri, 2/15/19	Mon, 3/18/19	Mon, 4/15/19
Mon, 5/20/19	Mon, 6/17/19	Mon, 7/15/19
Mon, 8/19/19	Mon, 9/16/19	Mon, 10/21/19
Mon, 11/18/19		Mon, 12/16/19

Hands of Hope Food Pantry at the Lord's Valley Community Church (located behind Ryan's Deli on Route 739) will be distributing on the 2nd Thursday of the month from 2:00pm-6:00 pm



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*

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