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ENTREES AT A GLANCE

Milk served with all meals

- 1/2-Hot Turkey & Gravy
- 1/3-Stuffed Cabbage
- 1/4-French Toast
- 1/7-Chili Con Carne
- 1/8-Salmon w/Herbed Butter
- 1/9-Vegetable Lasagna
- 1/10-Pasta Bolognese
- 1/11-Chicken Caesar Salad
- 1/14-Hot Dog (s) on Bun
- 1/15-Sweet & Sour Chicken
- 1/16-Corned Beef & Cabbage
- 1/17-Herbed Chicken Breast
- 1/18-BBQ Chicken Breast
- 1/21-CENTERS CLOSED
- 1/22-Chicken Nuggets
- 1/23-Chicken & Vegetable Stew on a Biscuit
- 1/24-Stuffed Shells
- 1/25-Ham, Macaroni & Cheese Bake
- 1/28-Beef Stroganoff
- 1/29-Swedish Meatballs
- 1/30-Sausage, Onions & Pepper Hoagie
- 1/31-Lemon Pepper Fish

SALAD BAR-Thurs & Fri



Look for upcoming information in the February newsletter about AARP tax preparation schedules and appointments.

If you need help paying your heating bills, or have a heating emergency LIHEAP may be able to help you
2018-2019
Income Guidelines

| Household Size | Maximum Annual Income |
|----------------|-----------------------|
| 1 | \$18,210 |
| 2 | 24,690 |

For each additional person
Please add \$6,480



The Low-Income Energy Assistance Program (LIHEAP) helps low income families pay their heating bills. LIHEAP is a grant. You do not have to repay it. LIHEAP offers both cash and crisis grants.

CASH grants help families pay their heating bills. The one-time payment is sent directly to your utility company or fuel provider, and it will be credited on your bill. Cash grants range from \$200 to \$1000 and are based on household size, income, and fuel type.

CRISIS grants may be available if you have an emergency situation and are in jeopardy of losing your heat. You can receive more than one Crisis grant, as necessary, during the season until the maximum benefit of \$600 is reached. Apply online www.compass.state.pa.us or request an application by calling the Statewide LIHEAP Hotline 1-866-857-7095, or contact your local county assistance office.

To apply, you will need:

- *Names of people in your household
- *Date of birth for all household members
- *Social Security numbers for all household members
- *Proof of income for all household members
 - *A recent heating bill and
 - *A recent electric bill

If you need help filling out your application, please call 570-775-5550 to schedule an appointment for assistance. We are currently scheduling appointments for Wednesdays in our Blooming Grove location during the month of January.

Happy New Year

January rewind is in effect. As we clean up from the holidays and start to put things back in order we can reflect on the past year's events. Recently I enlisted my friends Kevin and Roy to help "put things back in order" with our shed and storeroom. It is never more emphatic a revelation that we are all somewhat hoarders. Difficult to refuse donations, and always wanting to have supplies for people to use for free. That said, we have an abundance of donated medical supplies, incontinence supplies, ostomy and other types of supplies. We recycled what we could, but are hoping someone could use some of these supplies. The movement of office equipment and furniture is also necessary as we prepare for a new worker to assist with the plethora of adult protective services cases. Movement is also necessary with the forthcoming AARP tax preparation. Monica is getting things ready for her volunteers to provide that much welcomed assistance with taxes this winter/spring. Appointments will start next month.



Saw Creek provided a great location for the second annual Informed Senior event sponsored in part by Representative Rosemary Brown. Over one hundred people were able to gain information and resources for smart aging in place. Thanks to Jessica V., Cherie and Lana and all volunteers for putting on a great event. The Lackawaxen and Shohola area center provided a great Christmas party spot in December. Pam and all her elves did a bang-up job. This brings me to January's theme: Shake the blues away and come out and play. January historically is the coldest month. Ice and snow are a regular occurrence. We don't want people to become shut-ins! For the month of January at all of our centers, we are offering a reduced donation price of \$1.50 for all congregate meals. We want people to come out and talk to their neighbors, friends, and staff and volunteers. Avoid the hermit-like behavior Pike County winters can cause. See the fun events going on near you: Pajama Day, Yoga, Monday's Angels, music, Bob-Chi, Wii bowling and much more. People who regularly engage socially and stimulate their brains avoid worsening of their chronic disease, premature hospitalizations, decreased depression, and overall more positive outlook.

On a business note, we are mid-way through our fiscal year and unfortunately still have an extensive waitlist for in home services. We will continue to advocate for the lottery funds to stay dedicated to our Aging services in PA. The PACE program, Shared Ride, and senior centers are just a few of the ways Pennsylvania uses the Lottery to support older Pennsylvanians. Don't forget scratch off tickets for presents for your nieces, nephews, and grandkids.



January 19th is Popcorn Day

1 cup of air popped pop corn has less than 50 calories, 2 gms of fiber, and no fat. Enjoy it with your own seasonings (watch the sodium) and munch away.



**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**



RSVP of Pike, Wayne & Berks Counties* Volunteer Opportunities

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)



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

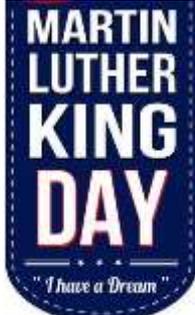
***RSVP is funded by the Corporation for National and Community Service and managed by Diakon Community Services.**



*Informed Senior Seminar
held at Saw Creek Estates*



Andrew Seder from Senator Lisa Baker's office, Pike County Commissioners, Ronald Schmalzle & Steven R. Guccini, our very own Helen Hansen, PA representative Rosemary Brown & Andrea Raffle from Senator Pat Toomey's office.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
|  | | <p>2</p> <p>Southwest Corn Chowder Hot Turkey, Gravy & Mashed Potatoes Succotash Fresh Fruit</p> | <p>3</p> <p>Cranberry Juice Stuffed Cabbage Carrots Mashed Potatoes Rye Bread Chocolate Cake</p>  | <p>4</p> <p>V-8 Juice French Toast with Apple Compote Syrup Sausage Patties Blueberry Muffin</p>  |
| | | <p>7</p> <p>Tossed Salad Chili Con Carne Rice Corn & Red Peppers Corn Bread Muffin Pineapples</p> | <p>8</p> <p>Corn & Black Bean Salsa Salmon w/Herbed Butter Sweet Potatoes Carrots Vanilla Pudding</p> | <p>9</p> <p>Tossed Salad Vegetable Lasagna Carrots Italian Bread Ice Cream</p> |
| <p>14</p> <p>Lentil Soup Hot Dog (s) on Bun Baked Beans Potato O'Brien Mandarin Oranges</p> | <p>15</p> <p>Mandarin Salad Sweet & Sour Chicken Rice Stir Fried Vegetables Dinner Roll Pears</p> | <p>16</p> <p>Minestrone Soup Corned Beef & Cabbage Boiled Potatoes & Carrots Rye Bread Ice Cream</p> | <p>17</p> <p>Tomato & Spinach Soup/crax Herbed Chicken Breast Cous Cous & Vegetable Toss Dinner Roll Apple Sauce</p>  | <p>18</p> <p>Cranberry Juice BBQ Chicken Breast Rice Pilaf Brussel Sprouts Wheat Bread Fresh Fruit</p>  |
|  | <p>22</p> <p>Beets & Onions Chicken Nuggets Tater Tots Corn Wheat Bread Fresh Fruit</p> | <p>23</p> <p>Beef Barley Soup Chicken & Vegetable Stew on Biscuit Mashed Potatoes Jell-O</p> | <p>24</p> <p>Red Cabbage Slaw Stuffed Shells & Tomato Sauce Italian Green Beans Italian Bread Peach & Oatmeal Crisp</p>  | <p>25</p> <p>Tossed Salad Ham & Macaroni & Cheese Bake Spinach Wheat Bread Fruited Jell-O</p>  |
| | <p>28</p> <p>Waldorf Salad Beef Stroganoff Egg Noodles Peas and carrots Rye Bread Peaches</p> | <p>29</p> <p>Split Pea Soup/ Crax Swedish Meatballs Rotini Pacific Medley Dinner Roll Fruit Cocktail</p> | <p>30</p> <p>Asian Slaw Italian Sausage Onions & Peppers on Hoagie Roll Home Fried Potatoes Fresh Fruit</p> | <p>31</p> <p>Cucumber Salad Lemon Pepper Fish Potatoes Au Gratin Zucchini & Tomatoes Wheat Bread Chocolate Cake</p>  |

Seniors Are Our First Priority

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|---|---|--|--|--|---------------------------------|
|  | | C L O S E D | 2 Cards Dominoes, Rummikube | 3 Bingo Exercise with Lana Wii Bowling Safe Haven Visit @ 12 Blood Pressure | 4 Cards Arts & Crafts |
| 7 Medical Transport | 8 Arts & Crafts Wii Bowling Computer Class Must Have Appt Bigger Shopping Dingmans Ferry/ Shohola | 9 Cards Dominoes, Rummikube Grief Support 10:30 Bigger Shopping Mil/Mat | 10 Bingo Wii Bowling Bigger Shopping Promised Land | 11 Cards Arts & Crafts | |
| 14 Medical Transport Monday's Angels Alzheimer's Support @ 1:30 | 15 Arts & Crafts Tai Chi 10:30 Wii Bowling Computer Class Must Have Appt VA Rep @ 9:00 | 16 Cards Dominoes, Rummikube | 17 Bingo Exercise with Lana Wii Bowling Blood Pressure Pajama Day | 18 Cards Arts & Crafts | |
| 21 CENTERS CLOSED  | 22 Arts & Crafts Tai Chi 10:30 Wii Bowling Computer Class Must Have Appt | 23 Cards Dominoes, Rummikube | 24 Bingo Exercise with Lana Wii Bowling | 25 Cards Arts & Crafts | |
| 28 Medical Transport Ombudsman @ 1:30 Monday's Angels Alzheimer's Support @ 2:30 | 29 Arts & Crafts Tai Chi 10:30 Wii Bowling Computer Class Must Have Appt | 30 Cards Dominoes, Rummikube | 31 Bingo Exercise with Lana Wii Bowling | | |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|------------------|--|----------------------------|--|
|  | | 2 Cards, Games Lunch AARP Club | 3 CLOSED | 4 Bingo, Cards & Games Lunch |
| 7 Closed Medical Transport | 8 Closed | 9 Cards, Games Lunch | 10 CLOSED | 11 Bingo, Cards & Games Lunch Exercise & Line Dancing with Lana @ noon Blood Pressure  |
| 14 Closed Medical Transport | 15 Closed | 16 Cards, Games Lunch Blind Assoc. Support (3rd Wed of month) | 17 CLOSED | 18 Bingo, Cards & Games Lunch Exercise & Line Dancing with Lana @ noon Pajama Day  |
|  | 22 Closed | 23 Cards, Games Lunch Golden Age Club | 24 CLOSED | 25 Bingo, Cards & Games Lunch Exercise & Line Dancing with Lana @ Noon Birthday Celebration Safe Haven Visit 11:30  |
| 28 Closed Medical Transport | 29 Closed | 30 Cards, Games Lunch | 31 CLOSED | |



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

1/9-Safe Haven Presentation 11:00-11:30
1/9-Water Aerobics with Darcie 12:30-1:30
1/16-Pajama Day
1/16-Yoga with Lori 12:30-1:30
1/23-Exercise with Michelle 12:30-1:30
1/30-Exercise with Lana 12:00-2:00

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***



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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---------------------|---|---|---------------------|
|  | 1 CLOSED | 2 Cards & Games Lunch Exercise <i>Tai-Chi with Bob @ 10:30</i> | 3 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00  | 4 CLOSED |
| 7 Cards & Games Exercise Lunch | 8 CLOSED | 9 Cards & Games Lunch Exercise with Lana | 10 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00  | 11 CLOSED |
| 14 Cards & Games Exercise Lunch | 15 CLOSED | 16 Cards & Games Lunch Exercise <i>Blood Pressure</i> <i>Pajama Day</i> | 17 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00  | 18 CLOSED |
|  | 22 CLOSED | 23 Cards & Games Lunch Exercise with Lana Line Dancing with Lana | 24 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00  | 25 CLOSED |
| 28 Cards & Games Exercise Lunch | 29 CLOSED | 30 Cards & Games Lunch Exercise Celebrate Birthdays <i>Celebrate Birthdays</i> | 31 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 <i>Safe Haven Visit 12</i>  | |

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---------------------|---------------------|--|
|  | CENTERS CLOSED | | 2 Closed | 3 Closed |
| 7 Closed <i>Medical Transport</i> | 8 Cards, Games Lunch <i>Yoga w/Lori @ 10:30</i> | 9 Closed | 10 Closed | 4 Bingo, Cards & Games Lunch  |
| 14 Closed <i>Medical Transport</i> | 15 Cards, Games Lunch <i>Yoga w/Lori @ 10:30</i> <i>Pajama Day</i> <i>Safe Haven Visit 11:30</i> | 16 Closed | 17 Closed | 11 Bingo, Cards & Games Lunch  |
| 21 Closed  | 22 Cards, Games Lunch <i>Yoga w/Lori @ 10:30</i> | 23 Closed | 24 Closed | 18 Bingo, Cards & Games Lunch  |
| 28 Closed <i>Medical Transport</i> | 29 Cards, Games Lunch <i>Yoga w/Lori @ 10:30</i> <i>Birthday Celebration</i> | 30 Closed | 31 Closed | 25 Bingo, Cards & Games Lunch  |
| | | | | If you borrowed a wheel chair and do not need it any longer, please return it.  |



**Christmas Party at Lackawaxen
A wonderful time was had by all!**

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

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.

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

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



Handicap Van
available
call Marge
570-491-5511



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.

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



Join us in Blooming Grove on Thursdays at 12:30 for pinochle

Donate Please remember if you receive home delivered meals the suggested donation is \$3.00 per meal, per person, per day.
Thank you for your generosity!

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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