

MARCH 2019

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ENTREES AT A GLANCE

Milk served with all meals

- 3/1-Lemon Pepper Fish
- 3/4-Ham, Macaroni & Cheese Bake
- 3/5-Seafood Creole
- 3/6-Salmon with Herbed Butter
- 3/7-Vegetable Lasagna
- 3/8-Chicken & Vegetable Stew on a Biscuit
- 3/11-Chicken Caesar Salad
- 3/12-Beef Stroganoff
- 3/13-Sweet & Sour Chicken
- 3/14-Ham, Boiled Potatoes & Cabbage
- 3/15-Corned Beef & Cabbage
- 3/18-Pasta & Bolognese Sauce
- 3/19-Herbed Chicken Breast
- 3/20-Chicken Nuggets
- 3/21-Salisbury Steak
- 3/22-Chicken Cordon Bleu
- 3/25-Teriyaki Meatballs
- 3/26-Alaskan Pollock
- 3/27-Swedish Meatballs
- 3/28-Chili Burger on a Bun
- 3/29-Italian Sausage, Onions & Peppers on Hoagie

SALAD BAR-Thurs & Fri



Volunteer Luncheon
May 3rd

Pike County Area Agency on Aging



Pike County's 2019 March for Meals campaign underway.

On March 22, 1972, President Richard Nixon signed into law a measure that amended the Older Americans Act of 1965 and established a national nutrition program for seniors 60 years and older. For more than 45 years, these critical programs – commonly referred to as Meals on Wheels – have delivered more than just nutritious meals to homebound seniors in virtually every community across the country. And, the dedicated staff and volunteers who deliver these meals each week provide a vital lifeline and connection to the community, which are sometimes all it takes to keep our senior neighbors at home, where they want to be.

The 2019 Community Champions Week will be celebrated between Monday, March 18 and Friday, March 22. During this time, local Meals on Wheels programs invite local, state and federal officials, local celebrities and other prominent community figures to deliver meals, speak out for seniors and raise awareness for the power of their work.

Locally our Home Delivered Meal Program operates everyday out of one of our four senior centers. We have 40+ dedicated volunteers who provide their own time and talent to ensure our older community members do not go hungry. This includes packing goody bags, sealing the hot nutritious meals to ready them for delivery, as well as driving the many miles of roadways of Pike County to connect to our consumers.

Continued on page 2



Tax-Aide

IRS trained Tax Preparers will be at Blooming Grove and Matamoras Boro Hall for tax payer assistance for those with low to moderate income, with special attention to those age 60 or older.

This will be by appointment ONLY.

Tuesdays, Wednesdays and Thursdays in Blooming Grove, and Tuesdays in Matamoras.

Business income preparation is by CEZ form ONLY.

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



Top Of The Morning To You, March brings many events this year. We have not only our March for Meals campaign, but also Nutrition Month, Mardi Gras, and St. Patrick's Day. My personal favorite is the fact that Spring begins with our daylight savings time on March 10th. Benjamin Franklin is often credited with the idea of changing clocks during the year, though the attribution is likely overstated. While visiting Paris in 1784, Franklin wrote a letter to a Paris Newspaper proposing a tax on those whose



windows were closed after sunrise. The letter, meant to be completely tongue-in-cheek, was meant to encourage the use of sunshine instead of candles. We are hoping this event will encourage people to get outside a little more often and brush the winter dust off.



The Senior Centers are having their own "kick-off" with the puzzle completion competition. Each center will be receiving their own 1,000 piece puzzle to complete. The center that completes their puzzle first will get a pizza party. We hope this is a friendly challenge and encourages concentration as well as conversation.

The Pike AAA has also started to collaborate regularly with our neighborhood food pantries and Second Harvest Food Bank. We are calling this effort the Pike Hunger Coalition. We hope to gather resources to assist in efforts to improve access to food. Have you ever heard the term "food desert"? It means an area where it is difficult to access nutritious food that is affordable and appealing. Sometimes this has to do with grocery store locations or lack of grocery stores. It also is related to lack of farm markets and local produce. Lack of access contributes to a poor diet and can lead to higher levels of obesity and other diet-related diseases. Access, however, can lead to a better quality of life. We recently found out we had the worst redemption rate for our Farmer's Market Nutrition Program at 70%. While we were able to obtain extra vouchers last year due to high demand, it turns out many vouchers (30%) were not redeemed. We are working on this. Please feel free to provide any feedback in how we can fix this concerning problem. Do you know a farmer who would be interested in registering with the USDA? Can you help seniors get to weekend farm markets? Email thoughts to rlodolce@pikepa.org

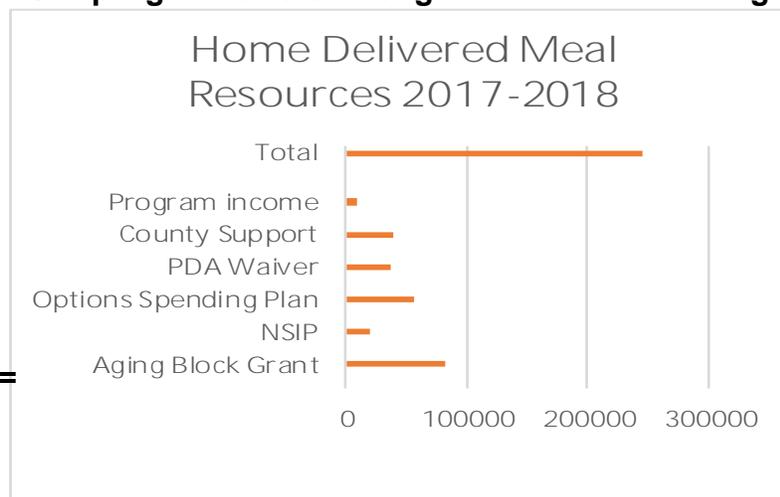
Lana is promising some great parties this year for St. Patrick's Day. Check out the dates at our centers.



.....March for Meals *continued from page 1*

This year we are promoting our program with a fundraiser raffle. Prizes include gift cards, dinner certificates, and more. See your senior center manager or home delivered meal driver for chances. Our program exists through a number of funding sources see below:

Key:
Aging Block
Grant &
Options Spending =
PA Lottery



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, Clerical Support

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

Serving Seniors, Inc. - Ombudsman

RSVP - Volunteer Recruitment Support

RSVP will be in Pike County every Wednesday and Friday.

Please call to schedule an appointment.

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.***



Mardi Gras



Special Menu

- Grape Juice
- Seafood Creole
- Rice
- Vegetable Medley
- Italian Bread
- Ambrosia

**Come join our Mardi Gras Celebration
on Tuesday, March 5th in Blooming Grove**

**Reservations are required
Please call 570-775-5550**

**Dust off your masks
Bring your dancing
shoes
Have a good time**

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 INFORMATION.

<small>Box 1. Name</small>		<small>Box 2. Beneficiary's Social Security Number</small>
<small>Box 3. Benefits Paid in 2018</small>	<small>Box 4. Benefits Reported to SSA in 2018</small>	<small>Box 5. Total Benefits for 2018 (also Form SSA-1042)</small>
<small>DESCRIPTION OF AMOUNT IN BOX 3</small>		<small>DESCRIPTION OF AMOUNT IN BOX 4</small>
<p>When you receive this statement it is imperative that you keep it in a safe, easily accessible place. You may need it throughout the year to access any benefits.</p>		<small>Box 6. Voluntary Federal Income Tax Withheld</small>
		<small>Box 7. Address</small>
		<small>Box 8. Claim Number (also the number if you need to contact SSA)</small>

Today, the Centers for Medicare & Medicaid Services (CMS) released proposed changes that will take significant steps in continuing the agency's efforts to maximize competition among Medicare Advantage and Part D plans. These proposals will increase plan choices and benefits. "CMS is committed to modernizing Medicare and our top priority is to ensure that seniors have more choices and affordable options in receiving their Medicare benefits," said CMS Administrator Seema Verma. "Medicare Advantage enrollment is at an all-time high as more and more seniors are choosing to enroll in private Medicare health and drug plans, and we need to maximize competition by providing plans with the flexibility to meet patients' needs."



The proposed changes will expand opportunities for seniors to choose Medicare Advantage plans that for the first time are providing new supplemental benefits in 2019. Beginning with the 2019 plan year, Medicare Advantage plans can provide certain enrollees with access to different benefits and services. For the 2020 plan year and beyond, under statutory changes and the proposed guidance on which we are soliciting comment in today's release, Medicare Advantage plans will have greater flexibility to offer chronically ill patients a broader range of supplemental benefits that are tailored to their specific needs, such as providing home-delivered meals or transportation for non-medical needs.

For more information, or if you have any questions, please contact Chris at 570-775-5550 x 1313.



**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**



CENSUS TAKERS

- 1) Pay rate for Pike county for address canvassers and enumerators is \$16.00 while working and \$14.50 an hour while training plus .58 cents a mile gas reimbursement
- 2) Pay rate for Pike county for census field supervisors \$17.50 an hour and \$16.00 an hour during training plus .58 cents a mile gas reimbursement.
- 3) Part time, temporary jobs with flexible hours.
- 4) Address canvassers: Verify addresses of local residences
- 5) Enumerators: ask questions from the 2020 Census questionnaire.
- 6) Census Field Supervisors: supervise and train address canvassers and enumerators
- 7) Jobs available from summer 2019 to summer of 2020 should apply asap because background investigation is required



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 lombudsman@epix.net

Lana's Voice



Sugar Sugar sounds good for the song not for the body. Eating or drinking foods and beverages with added sugar often results in eating fewer healthier food and beverages.

This can result in weight gain, which can contribute to increased risk of type 2 diabetes, hypertension (high blood pressure), heart disease, and some cancers.

It is wonderful how we can be in charge of a healthier life style. We can make the decision to have type 2 diabetes or not, Hypertension (high blood pressure) or not, some cancers or not. It is all up to you no one else, just you isn't that great. Show the world what you can do. Look out world the new me is coming. Monitor your sugar intake do it for yourself. Now is the time not tomorrow. That's another song Tomorrow Tomorrow well in your case if you do not reduces the sugar Tomorrow might never come.

The body and mind have remarkable built –in healing capacities. A state of deep relaxation creates the conditions which allow these natural powers to work best to maximize physical and emotional health. Three key components of deep relaxation are a focused mind, relaxed muscles, and breathing that is calm and regular and uses the lungs fully. These exercises are a form of meditation which I teach at our centers after chair exercises. Check your newsletter for days and times. Please come join us and have fun.

***Thanks,
Your friend*** Lana

For more information please check with Sloan Kettering Cancer Center as well as your local cancer and diabetes organizations



Please, please, please be aware that SOCIAL SECURITY will NEVER, NEVER, NEVER contact you by phone.

There is a scam regarding social security at this time. Please be aware that Social Security will NEVER, NEVER, NEVER call you, they always send letters.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Sunday March 10th set your clock one hour forward before going to bed Saturday night</p>				<p>1 Cucumber Salad Lemon Pepper Fish Confetti Rice Brussel Sprouts Wheat Bread Apple Sauce</p> 
<p>4 Cole Slaw Ham, Macaroni & Cheese Bake Cauliflower Wheat Bread Fresh Fruit</p>	<p>5 Grape Juice Seafood Creole Rice Vegetable Medley Italian Bread Ambrosia</p>	<p>6 Corn & Black Bean Salsa Salmon with Herbed Butter Sweet Potatoes Carrots Vanilla Pudding</p>	<p>7 Chicken Rice Soup Vegetable Lasagna Green Beans Italian Bread Fruit Cocktail</p> 	<p>8 Beets & Onions Chicken & Vegetable Stew On a Biscuit Mashed Potatoes Jell-O</p> 
<p>11 Lentil Soup & Crackers Chicken Caesar Salad Pasta Salad Dinner Roll Fruited Jell-O</p>	<p>12 Tossed Salad Beef Stroganoff Noodles Peas & Carrots Wheat Bread Peaches</p>	<p>13 Mandarin Salad Sweet & Sour Chicken Rice Stir Fried Vegetables Dinner Roll Pears</p>	<p>14 Cabbage Soup Ham, Boiled Potatoes and Cabbage Rye Bread Pistachio Pudding</p> 	<p>15 Orange Juice Corned Beef & Cabbage Boiled Potatoes Rye Bread</p> 
<p>18 Tossed Salad Pasta & Bolognese Sauce Italian Green Beans Italian Bread Peaches</p>	<p>19 Tomato, Spinach Orzo Soup Crackers Herbed Chicken Breast Cous Cous Pacific Medley Mandarin Oranges</p>	<p>20 Cole Slaw Chicken Nuggets Tater Tots Corn Wheat Bread Fresh Fruit</p>	<p>21 Green Bean & Tomato Salad Salisbury Steak Mashed Potatoes & Gravy Succotash</p> 	<p>22 Minestrone Soup Chicken Cordon Bleu Rice Medley Zucchini & Tomatoes Dinner Roll Pineapples</p> 
<p>25 Mandarin Salad Teriyaki Meatballs with Rice Stir Fried Vegetables Wheat Bread Fresh Fruit</p>	<p>26 Split Pea Soup Crax Alaskan Pollock Red Potatoes Creamed Spinach Rye Bread Cookies</p>	<p>27 Tossed Salad Swedish Meatballs Rotini Pacific Medley Dinner Roll Fruit Cocktail</p>	<p>28 Red Cabbage Slaw Chili Burger on Bun Tater Tots Peas & Onions Oatmeal Fruit Crisp</p> 	<p>29 Beets & Onions Italian Sausage, Onions & Peppers on Hoagie Potatoes O'Brien Chocolate Pudding</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><i>Character and ideals are catching. When you associate with men who aspire to the highest and best, you expose yourself to the qualities that make men great.</i></p>	<p>1 Cards Arts & Crafts</p>	
<p>4 Medical Transport</p>	<p>5 Arts & Crafts Tai Chi 10:30 Wii Bowling Computer Class Must Have Appt Mardi Gras Celebration </p>	<p>6 Cards Dominoes, Rummikube</p>	<p>7 Bingo Wii Bowling Blood Pressure</p>	<p>8 Cards Arts & Crafts</p>
<p>11 Medical Transport Monday's Angels Alzheimer's Support @ 1:30</p>	<p>12 Arts & Crafts Wii Bowling Computer Class Must Have Appt Bigger Shopping Dingmans & Shohola</p>	<p>13 Cards Dominoes, Rummikube Bigger Shopping Mil/Mat</p>	<p>14 Bingo Exercise with Lana Wii Bowling St. Patrick's Party  Bigger Shopping Promised Land</p>	<p>15 Cards Arts & Crafts</p>
<p>18 Medical Transport</p>	<p>19 Arts & Crafts Tai Chi 10:30 Wii Bowling VA Rep @ 9:00 Computer Class Must Have Appt Safe Haven Visit 12:00</p>	<p>20 Cards Dominoes, Rummikube</p>	<p>21 Bingo Exercise with Lana Wii Bowling Blood Pressure Nutrition Presentation with Robin</p>	<p>22 Cards Arts & Crafts</p>
<p>25 Medical Transport Ombudsman @ 1:30 Monday's Angels Alzheimer's Support @ 2:30</p>	<p>26 Arts & Crafts Tai Chi 10:30 Wii Bowling Computer Class Must Have Appt</p>	<p>27 Cards Dominoes, Rummikube</p>	<p>28 Bingo Exercise with Lana Wii Bowling Census Presentation @ 10:00 Birthday Celebration</p>	<p>29 Cards Arts & Crafts</p>

Monday	Tuesday	Wednesday	Thursday	Friday
	 <p>If you borrowed a wheelchair and do not need it any longer, please return it. Thank you</p>			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 St. Patrick's Party 
18 Closed <i>Medical Transport</i>	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 Safe Haven Visit @ 11:30 Nutrition Presentation with Robin 
25 Closed <i>Medical Transport</i>	26 Closed	27 Cards, Games Lunch Golden Age Club	28 CLOSED	29 Bingo, Cards & Games Lunch Exercise & Line Dancing with Lana Census Presentation @ 10:00 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

3/6-Exercise with Lana 12:00-2:00
3/13-Safe Haven Visit @ 11:00
3/13-Water Aerobics with Darcie 12:30-1:30
3/20-Yoga with Lori 12:30-1:30
3/20-Blood Pressure Screening
3/20-Nutrition Presentation with Robin
3/27-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

March

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>No one is rich enough to do without a neighbor</i></p>				<p>1 CLOSED</p>
<p>4 Cards & Games Exercise Lunch</p>	<p>5 CLOSED</p>	<p>6 Cards & Games Lunch Exercise</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 <i>Tai-Chi with Bob @ 10:30</i></p>	<p>14 Cards, Games & Bingo Lunch @ 11:45 <i>Census Presentation</i> <i>St. Patrick's Party</i></p>  	<p>15 CLOSED</p>
<p>Cards & 18 Games</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</i> <i>Celebrate Birthdays</i> <i>Nutrition Presentation with Robin</i></p>	<p>28 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 <i>Safe Haven Visit 12:00</i></p> 	<p>29 CLOSED</p>

March

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>A nickel goes a long way now; you can carry it around for days without finding a thing to buy.</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</i> <i>Census Presentation</i></p>	<p>13 Closed</p>	<p>14 Closed</p>	<p>15 Bingo, Cards & Games Lunch <i>St. Patrick's Party</i></p>  
<p>18 Closed</p>	<p>19 Cards, Games Lunch <i>Yoga w/Lori @ 10:30</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</i> <i>Birthday Celebration</i> <i>Safe Haven Visit 11:30</i></p>	<p>27 Closed</p>	<p>28 Closed</p>	<p>29 Bingo, Cards & Games Lunch</p> 

**MARCH
FOR
MEALS**
WITH
MEALS ON WHEELS

This is the March
for Meals
"Kick Off Crew"



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**Our very own volunteer,
Matt has won 3 different
medals in snow skiing.
Way to go Matt!!
We are all very proud of
you**

EVENTS and PROGRAMS

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
570-503-6644



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

KNIGHTS OF COLUMBUS

A nutritious home cooked **ITALIAN DINNER** will be provided **Sunday March 3rd**
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

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

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	

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.

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



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.

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!



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



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

St. Vincent DePaul's annual St. Patrick's Dinner/Dance will be on March 16th from 5:30 PM to 10:30 PM. \$25.00 per person for complete corned beef & cabbage dinner. Dancing and 50/50. BYOB For more information call 570-686-4545



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 * Laura Guccini-Engle * Kathie Joseph * 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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