

INSIDE THIS ISSUE

- Page 2— Director’s Desk
- Page 3– Free Dental Clinic, Healthy Steps
- Page 4–Medicare Reminder, AARP Driver Safety Class
- Page 5– Lana’s Voice, Healthy Steps
- Page 6-Menu
- Page 7 –Blooming Grove Activities
- Page 8-Eastern Pike Activities & Saw Creek Activities
- Page 9-Lackawaxen & Dingmans Activities
- Page 10 – Pictures
- Page 11-Events & Programs
- Page 12-Contact Us & Other Info

ENTREES AT A GLANCE

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

- 6/3-Chicken Ceasar Salad
- 6/4-Sausage & Peppers Hoagie
- 6/5-Lemon Chicken
- 6/6-Chili Con Carne
- 6/7-Stuffed Shells
- 6/10-Ham, Macaroni & Cheese Bake
- 6/11-Chicken Cordon Bleu
- 6/12-Chicken Stew & Vegetables on a Biscuit
- 6/13-Corned Beef & Cabbage
- 6/14-Meatloaf & Gravy
- 6/17-Stuffed Cabbage
- 6/18-Broccoli Stuffed Chicken Breast
- 6/19-Hamburger on a Bun
- 6/20-Pasta Bolognese
- 6/21-Turkey & Cheese on Rye
- 6/24-Herbed Chicken Breast
- 6/25-Stuffed Peppers
- 6/26-Tuna Salad Hoagie
- 6/27-Swedish Meatballs
- 6/28-Salmon with Herbed Butter

SALAD BAR-Thurs & Fri



Holy Trinity Lutheran Church
Food Pantry
Is in need of donations year round especially cupboard staples and toiletries.
Donations can be dropped off.
Please call 570-828-7411 for more information.

Pike County Area Agency on Aging

Vouchers will be distributed in **Blooming Grove**, 150 Pike County Blvd., Hawley every Tuesday, Wednesday & Thursday starting June 3rd from 10:00 am to 12:00 pm

Ritter’s Truck in Blooming Grove July 18th, August 15th, September 19th & October 17th

Distribution in **Matamoras**, 506 Avenue Q, Matamoras on Wednesday& Friday beginning June 5th from 10:00 to 12:00

Ritter’s Truck in Matamoras July 17th, August 14th, September 18th & October 16th

Distribution in **Lackawaxen**, Beisel Beck Rd & Rte 590, Lackawaxen on Monday, Wednesday & Thursday beginning June 3rd from 10:00 to 12:00

Distribution in **Dingmans**, American Legion 851 107 Ball Park Rd., Dingmans Ferry on Tuesday & Friday beginning June 4th from 10:00 to 12:00

Distribution at **Westfall Senior Apts**, 132 Hulst Dr., Matamoras on Thursdays from 10:00-12:00 July 11th, August 8th & September 12th

Each eligible senior may receive (4) four \$5.00 SFMNP checks for a total benefit of \$20.00 **ONE** time during the program year.

*****You must provide proof of residency and age.*****

1 Person-\$23,107; 2 people-\$31,284;
3 people-\$39,461

** note Child support is counted as household income, unless the child is a foster child.

*****You must turn 60 by the end of this year.*****

6th ANNUAL

Elder Justice Day

JUNE 12, 2019
10:00AM-2:00 PM
St. Patrick’s Church Hall
(across from Church)
111 East High St.
Milford, PA 18337

Continental breakfast and lunch provided free.

Topics include:
Alzheimer’s Disease,
SCAM’s, Fraud and
Personal Safety

RSVP to 570-775-5550
ext .1312

Transportation to event provided free of charge.

Drug Take Back Program will be available (no needles or liquids will be accepted)
All over the counter or prescription pills will be accepted.

June Greetings,

The longest days and warmer days are really appreciated! Hopefully your garden is on its way to being successful and fruitful. With the warmer weather we are warning everyone about pests and sun. Pests including bugs and ticks! Having just stopped a cycle of antibiotics recently due to a tick bite. Lyme disease and other tick-borne illnesses are increasingly on the rise. Please take precautions when going outside and use spray and repellents.



Also this time of year we must remind people of the temperature danger zone with their home delivered meals. We take precautions to deliver the meals in heat controlled bags to provide the meals at the best possible quality. We are not able to leave meals in coolers for an undetermined amount of time. Bacteria grows rapidly at temperatures between 40 and 140. Contact the Home Delivered Meal program if, for some reason you can't be home for your delivery.

Elder Justice Awareness Day will be on June 12, 2019 at St. Patrick's Parish Hall in Milford. The day promises to provide a bunch of great information on fraud prevention and home safety. Lunch and refreshments will be provided as well as free transportation for those who call 570-296-3408. Looking forward to seeing everyone.



As you saw on the front page, our farmer's market vouchers will be coming out this month. These vouchers can be used at any approved Farmer's Market in Pennsylvania. Each Senior Center will be distributing them to eligible seniors. Do you need to know how to prepare a certain type of fresh vegetable or fruit? Just ask and we can have recipes and preparation methods for you. We aim to please when it comes to fruits and vegetables.



June 25 is the ADRC/Link presentation of S.A.V.E. Maybe you can help save a life. Every 22 minutes a veteran commits suicide. This awful tragedy effects people here as well and is devastating to families. This training hopes to help connect veterans and their families to necessary services in the community and through the VA medical centers in Wilkes Barre as well as locally and in Hudson Valley NY. G.A.I.T's Horses for Heroes will be there too! This event is free and does include lunch. RSVP to our office 570-775-5550 by June 19th.

**June 25th 2019
Event starts at 9:30AM
with Coffee/registration
Lunch will be provided**



**Marsch Kellogg American Legion Post 139
103 County Rd 2001
Milford PA 18337**



Aspen Dental Offers Free Dental Service to Veterans Nationwide on June 8



Veterans nationwide can call **1-844-277-3646** (1-844-ASPENHMM) to find a participating Aspen Dental office in their community and schedule an appointment during the annual Day of Service on June 8.

Advanced appointments are required. During the Day of Service, Aspen Dental dentists and teams treat the most urgent needs of each veteran to ensure they are relieved of any dental pain, including anything from fillings and extractions to basic denture repairs. Routine cleanings and exams are also provided.

In addition to the efforts of local volunteers on the Day of Service, the Healthy Mouth Movement is also reaching veterans through its Mouth Mobile, a 42-foot long fully equipped dentist office on wheels that travels state to state providing free care to veterans in communities where care may not be easy to access.

Since launching in 2014, The Mouth Mobile has made nearly 150 stops and traveled approximately 125,000 miles.

For more information about Day of Service and the Healthy Mouth Movement, visit HealthyMouthMovement.com.

Safe Haven of Pike County is Dedicated to Non-Violence and Individual Dignity

24- Hour Hotline for Survivors of Domestic Violence, Sexual Assault, and Other Crimes. If you or someone you love is being hurt, we are here for you., No one deserves to be a victim. Call our hotline at 570-296-HELP (4357). Someone is available 24 hours a day, 365 days a year to help assist any resident of Pike County.



Safe Haven of Pike County, Inc.
402 Broad Street
Milford, PA 18337

This is the perfect opportunity for you to help your Senior Center. Through your participation in **Healthy Steps**, an **award winning** program designed to have fun and keep seniors on their feet and out of the hospital.

A workshop will be conducted: **Staying Active and Preventing Falls**

Please register now!



Eastern Pike Center @ Matamoras
Matamoras Fire House
506 Avenue Q
Matamoras, PA 18336

Tuesday, June 11, 2019

10:00 am to 3:30 pm



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

Call Lana, Kathy or Paula to sign-up

570-775-5550

Medicare Reminder

If you are turning 65 and are not currently receiving Social Security retirement benefits or Railroad Retirement benefits, you will need to actively enroll in Medicare.

Follow the steps below:

To enroll in Medicare during your Medicare Initial Enrollment Period:

- Visiting your local Social Security office
- Calling Social Security at 800-772-1213
- Mailing a signed and dated letter to Social Security that includes your name, Social Security number, and the date you would like to be enrolled in Medicare (usually your birth month)
- Or, by applying online at www.ssa.gov

If you are eligible for Railroad Retirement benefits, enroll in Medicare by calling the Railroad Retirement Board (RRB) or contacting your local RRB field office.

Keep proof of when you tried to enroll in Medicare, to protect yourself from incurring a Part B premium penalty if your application is lost.

- Take down the names of any representatives you speak to, along with the time and date of the conversation.
- If you enroll through the mail, use certified mail and request a return receipt.
- If you enroll at your local Social Security office, ask for a written receipt.
- If you apply online, print out and save your confirmation page.



Chris Crossley, Coordinator Pike Co APPRISE



AARP 4 hour DRIVER SAFETY CLASS
Wednesday, June 12, 2019 @ 1:00
in the Blooming Grove Center
150 Pike County Blvd.
Hawley, PA 18428

Formerly "55 Alive", the new SMART DRIVER 4 & 8 hour defensive driving course is designed for qualified drivers aged 50 and older. There are no tests and membership in AARP is not necessary. All automobile insurance companies doing business in PA are required by state law to give a minimum discount of 5% to all qualified policyholders age 55 and over who take the course. The discount is for a minimum of three years.

Always check with your agent to make sure you qualify for the discount. All classes are taught by trained, unpaid volunteer instructors. The eight hour class is given in two four hour sessions, and is required for first timers and those who have not taken the class within the past 36 months. The one day four hour class is only open to those who provide evidence of taking the class during the previous 36 months. A \$20 fee (\$15 for AARP members with membership card) is charged for each class. Class size is limited, advance reservations are necessary for placement in any class. Call 570-775-5550.

Please bring your drivers license.
Call 1-800-227-4669 or 1-877-866-3299 or go online
www.aarp.org.drive for other classes and information.

Pre registration is required.

All checks must be payable to AARP. Please include your AARP number and a day time phone number in the envelope and mail your check to Pike County Area Agency on Aging,
150 Pike County Blvd., Hawley, PA 18428.

Lana's Voice

Calcium is needed for strong bones and teeth and to maintain healthy muscle and nerve function. If you're not getting enough calcium from your diet, your body takes calcium from your bones making them weak and prone to osteoporosis and bone fractures. Add calcium to your diet with dairy products like milk, yogurt, and cheese or almonds and leafy greens. Check with your doctor if you might need supplements.

In season: blueberries, lettuce, cherries

Incorporate yoga or easy stretching exercises into your routine to combat stress during your busy life or boring life, it works for both.

We have these exercises and more for free at our 5 senior centers. Stretch and strengthen your muscles if you want to feel better and act younger. It's all up to you. Make time for yourself and some of you, you know who you are get up off that chair and work for a healthier life. Please join us. We have a great deal of fun. Check your newsletter for times and days at our centers. Hope to see you soon.

Your friend, **Lana**

This is the perfect opportunity for you to help your Senior Center. Through your participation in *Healthy Steps*, an **award winning** program designed to have fun and keep seniors on their feet and out of the hospital.

A workshop will be conducted: ***Staying Active and Preventing Falls***



Please register now!

**Bushkill Center for Active Adults
Top of The World Restaurant at
Saw Creek Estates
148 Cambridge Ct.
Bushkill, PA 18324**

Wednesday, June 5, 2019

10:00 am to 3:30 pm

The workshop and lunch are FREE.

Pre-registration is required and you must be 50 years of age or older to participate

Call Lana, Kathy or Paula to sign-up

570-775-5550



Alda Pendell.....

Actors over 50 take center stage

Alda Pendell has a life long love for the craft. "On my 80th birthday I thought, 'Isn't it great I still have a place to come to for acting?'" because I first fell in love with acting in the second grade," she said. She says it's good for "working the mind-If you don't use it, you lose it."

The social benefits haven't escaped her, either. "I found my ex-husband here," she said, "so I always refer to my daughter as a Presby Player production!"

She is a volunteer for Pike Aging, helping deliver meals to the seniors in our area. Alda is living proof staying active helps the mind and body. Not everyone is cut out to act, but maybe you can come on down to our senior centers and get involved with our activities.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| <p>3</p> <p>Southwest Corn Chowder Chicken Ceasar Salad Pasta Salad Dinner Roll Vanilla Pudding</p> | <p>4</p> <p>Mandarin Salad Sausage & Peppers on Hoagie Roll Potatoes O'Brien Corn Jell-O</p> | <p>5</p> <p>Tossed Salad Lemon Chicken Orzo with Vegetables Green Beans Rye Bread Fresh Fruit</p> | <p>6</p> <p>Grape Juice Chili Con Carne Rice Carrots Corn & Peppers Corn Muffin</p>  | <p>7</p> <p>Broccoli & Chickpea Salad Stuffed Shells Tomato Sauce Italian Green Beans Italian Bread Peach & Oatmeal Crisp</p>  |
| <p>10</p> <p>Three Bean Salad Ham, Macaroni & Cheese Bake Broccoli & Cauliflower Rye Bread Fresh Fruit</p> | <p>11</p> <p>Tossed Salad Chicken Cordon Bleu Roasted New Potatoes with Parsley Brussel Sprouts Fruit Crisp</p> | <p>12</p> <p>Orange Juice Chicken Stew & Vegetables On a Biscuit New Potatoes Chocolate Pudding</p> | <p>13</p> <p>Minestrone Soup Corned Beef & Cabbage Boiled Potatoes & Carrots Rye Bread Ice Cream</p>  | <p>14</p> <p>Tossed Salad Meatloaf & Gravy Mashed Potatoes Pacific Medley Rye Bread Fruited Jell-O</p>  |
| <p>17</p> <p>Cranberry Juice Stuffed Cabbage Carrots Mashed Potatoes Rye Bread Jell-O</p> | <p>18</p> <p>Cole Slaw Broccoli Stuffed Chicken Breast Confetti Rice Green Beans Dinner Roll Ambrosia</p> | <p>19</p> <p>Cucumber Salad Hamburger/Bun L/T/O Oven Fried Potatoes Baked Beans Fresh Fruit</p> | <p>20</p> <p>Waldorf Salad Pasta Bolognese (meaty tomato sauce) Italian Green Beans Wheat Bread Banana Cake</p>  | <p>21</p> <p>Vegetable Beef Barley Soup Crax Turkey & Cheese On Rye L/T/O Pasta Salad Vanilla Pudding</p>  |
| <p>24</p> <p>Tomato & Spinach Soup Crax Herbed Chicken Breast Cous Cous & Vetetable Toss Dinner Roll Apple Sauce</p> | <p>25</p> <p>Split Pea Soup Crax Stuffed Peppers Mashed Potatoes Carrots Wheat Bread Fruited Jell-O</p> | <p>26</p> <p>Cottage Cheese & Fruit Tuna Salad on Hoagie Roll L/T/O Macaroni Salad Cookies</p> | <p>27</p> <p>Red Cabbage Salad Swedish Meatballs Rotini Peas & Onions Dinner Roll Fresh Fruit</p>  | <p>28</p> <p>Corn & Black Bean Salsa Salmon with Herbed Butter Sweet Potatoes Carrots Cookies</p>  |



Food Pantry Needs

Holy Trinity Lutheran Church Food Pantry
103 Delaware Crest
Dingmans Ferry PA 18328

Is in need of donations year round especially cupboard staples and toiletries. Donations can be dropped off during office hours or other arrangements can be made by calling 570-828-7411.

Seniors Are Our First Priority

June

2019 Blooming Grove Activities 8 am-4 pm 570-775-5550

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|----------------------------------|
| 3 Medical Transport | 4 Arts & Crafts Wii Bowling <i>Bigger Shopping Dingmans/Shohola</i> | 5 Cards Dominoes, Rummikube <i>Bigger Shopping Milford/Mat</i> | 6 Bingo Exercise with Lana Wii Bowling <i>Bigger Shopping Promised Land Blood Pressure</i> | 7 Cards Arts & Crafts |
| 10 Medical Transport <i>Monday's Angels Alzheimer's Support @ 1:30</i> | 11 Arts & Crafts Tai Chi 10:30 Wii Bowling <i>Safe Haven Visit</i> | 12 Cards Dominoes, Rummikube <i>Defensive Driving Course 1:00 pm</i> | 13 Exercise with Lana Wii Bowling | 14 Cards Arts & Crafts |
| 17 Medical Transport | 18 Arts & Crafts Tai Chi 10:30 Wii Bowling <i>VA Rep @ 9:00 Computer Class Must Have Appt</i> | 19 Cards Dominoes, Rummikube | 20 Bingo Exercise with Lana Wii Bowling <i>Blood Pressure</i> | 21 Cards Arts & Crafts |
| 24 Medical Transport <i>Ombudsman 1:30 Monday's Angels Alzheimer's Support @ 2:30</i> | 25 Arts & Crafts Tai Chi 10:30 Wii Bowling <i>Computer Class Must Have Appt</i> | 26 Cards Dominoes, Rummikube | 27 Bingo Exercise with Lana Wii Bowling <i>Birthday Celebration</i> | 28 Cards Arts & Crafts |



Dementia Awareness Experience

In this high-impact Dementia Live experience, you will be immersed into life with dementia, resulting in a deeper understanding of what it's like to live with a cognitive impairment and sensory change. You will be empowered to build new bridges of communication.

June 19th
The Jewish Home of Eastern Penn.,
1101 Vine St. Scranton, 18510
30 minute time slots are available at:
9:30 am, 10:00 am, 10:30 am & 11:00 am
1:00 pm, 1:30 pm & 2:00 pm

COST: \$15

For more information and to register, please visit:
www.penncares.org or call: 717-632-5552 ext 1000
or email: aadams@penncares.org

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|------------------|---|----------------------------|--|
| 3 Closed Medical Transport | 4 Closed | 5 Cards, Games Lunch ~AARP Club~ ~Chair Yoga with Nancy 9:30-10:30~ ~Diabetes Clinic 10:30-11:30~ | 6 CLOSED | 7 Bingo, Cards & Games Lunch Exercise & Line Dancing with Lana @ noon Meditation  |
| 10 Closed Medical Transport | 11 Closed | 12 Cards, Games Lunch Diabetes Clinic 10:30-11:30 | 13 CLOSED | 14 Bingo, Cards & Games Lunch Exercise & Line Dancing with Lana @ noon Meditation Blood Pressure  |
| 17 Closed Medical Transport | 18 Closed | 19 Cards, Games Lunch Blind Assoc. Support <i>(3rd Wed of month)</i> Diabetes Clinic 10:30-11:30 | 20 CLOSED | 21 Bingo, Cards & Games Lunch Exercise & Line Dancing Lana @ Noon Safe Haven Visit  |
| 24 Closed Medical Transport | 25 Closed | 26 Cards, Games Lunch Golden Age Club Diabetes Clinic 10:30-11:30 | 27 CLOSED | 28 Bingo, Cards & Games Lunch Exercise & Line Dancing with Lana @ Noon Meditation  |

Free Diabetes Clinic at Eastern Pike Center in Matamoras Wednesdays 10:30am -11:30pm



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

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

Price: \$2.50

All registration through Pike County
Area Agency on Aging only

Please call 570-775-5550

6/5-Blood Pressure Screening
6/5-Exercise with Lana 12:00-2:00
6/5-Healthy Steps 10:00-3:30
6/12-Water Aerobics with Darcie 12:30-1:30
6/19-Yoga with Lori 12:30-1:30
6/19-Safe Haven Visit
6/26-Exercise with Michelle 12:30-1:30

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

CENTER WITHOUT WALLS
WEDNESDAYS AT SAW CREEK ESTATES

June

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---------------------|--|--|---------------------|
| 3 Cards & Games Exercise Lunch | 4 | 5 Cards & Games Lunch Exercise Bob-Chi @ 10:30 | 6 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00  | 7 |
| 10 Cards & Games Exercise Lunch | 11 CLOSED | 12 Cards & Games Lunch Exercise | 13 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00  | 14 CLOSED |
| 17 Cards & Games Exercise Lunch | 18 CLOSED | 19 Cards & Games Lunch Exercise Blood Pressure | 20 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00  | 21 CLOSED |
| 24 Cards & Games Exercise Lunch | 25 CLOSED | 26 Cards & Games Lunch Exercise Celebrate Birthdays | 27 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 Safe Haven Visit  | 28 CLOSED |

WALLENPAUPACK VETS FOR VETS, LLC

We are a local, nonprofit organization which assists veterans, first responders and their families in Wayne and Pike Counties, the two counties surrounding Lake Wallenpaupack, in N.E. PA. We seek out and help individuals in need of financial assistance, and we act as an informational resource to help them get the items or services they deserve, in order to make their lifestyle easier, safer and healthier.
To support our organization or for more information contact: wwetsforvets@gmail.com



June

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---------------------|---------------------|--|
| 3 Closed <i>Medical Transport</i> | 4 Cards, Games Lunch Yoga w/Lori @ 10:30 | 5 Closed | 6 Closed | 7 Bingo, Cards & Games Lunch  |
| 10 Closed <i>Medical Transport</i> | 11 Cards, Games Lunch Yoga w/Lori @ 10:30 | 12 Closed | 13 Closed | 14 Bingo, Cards & Games Lunch  |
| 17 Closed <i>Medical Transport</i> | 18 Cards, Games Lunch Yoga w/Lori @ 10:30 Safe Haven Visit | 19 Closed | 20 Closed | 21 Bingo, Cards & Games Lunch  |
| 24 Closed <i>Medical Transport</i> | 25 Cards, Games Lunch Yoga w/Lori @ 10:30 Blood Pressure | 26 Closed | 27 Closed | 28 Bingo, Cards & Games Lunch  |



Assorted Activities
At our Various
Senior Centers



EVENTS and PROGRAMS

KNIGHTS OF COLUMBUS

A nutritious home cooked meal will be provided Sunday, June 2nd.

Baked Lasagna Dinner
ST. JOHN NEUMANN 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.

Holy Trinity Lutheran Church Food Pantry, 103 Delaware Crest, Dingmans Ferry, PA 18328. 570-828-7411. Monday thru Friday 9-12 by appointment only. Please call 24-48 hours ahead to schedule

Volunteers always welcome

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, 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



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

KNIGHTS OF COLUMBUS
 sponsored home cooked meal 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.

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



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



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.

Now offering online shopping

www.lakeregioniga.com Delivery is \$4.95 picking fee plus \$6.95 delivery fee and in store pickup is \$4.95.



Dutch's Market

570-676-3373 No weekend delivery. 24 hour notice required when ordering week days. \$10 delivey 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

Did you know that Pike County Transportation only requires 24 hour notice?

Questions, please call
 570-296-3408



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 2019 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)

Bushkill Center for Active Adults-Top of The World Restaurant at Saw Creek Estates

148 Cambridge Ct., Bushkill PA 18324 Wednesdays 9:30 am to 2 pm (Phone: 570-775-5550)

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 Eadicco * 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**

Disclaimer: All information contained herein, is made available as an information service only. The information contained in this publication is not intended to replace official versions of that information. Although every reasonable effort is made to assure accuracy, the information presented without warranty, either expressed or implied, as to its accuracy, timeliness, or completeness.