

INSIDE THIS ISSUE

- Page 2— Director’s Desk
- Page 3– How To Donate, APPRISE, Elder Justice, Lana’s Voice
- Page 4–RSVP, APPRISE, Glaucoma Screening, Community Lunch
- Page 5– AARP 8 Hour Driver Safety
- 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

- 7/1-BBQ Chicken Breast
- 7/2-Alaskan Pollock
- 7/3-Chicken Nuggets
- 7/4-Centers Closed
- 7/5-Centers Closed
- 7/8- Stuffed Shells
- 7/9-Hot Turkey with Gravy
- 7/10-Beef Stroganoff
- 7/11-Chick & Vegetable Stew Biscuit
- 7/12-Closed-PICNIC At Bobs Beach
- 7/15-Hot Dog (s) on Bun
- 7/16-Sweet & Sour Chicken
- 7/17-Vegetable Lasagna
- 7/18-Roast Beef/Gravy
- 7/19-Chef Salad
- 7/22-Lemon Pepper Fish
- 7/23-Stuffed Cabbage
- 7/24-Chili Con Carne
- 7/25-Fish Sticks
- 7/26-Teriyaki Meatballs
- 7/29-Meatloaf & Gravy
- 7/30-Swedish Meatballs
- 7/31-Italian Sausage Hoagie

SALAD BAR-Thurs & Fri



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



Questions, please call 570-296-3408

Pike County Area Agency on Aging

Vouchers will be distributed in **Blooming Grove**, 150 Pike County Blvd., Hawley on Tuesdays, Wednesdays & Thursdays from 10:00 to 12:00

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

Distribution in **Matamoras**, 506 Avenue Q, Matamoras on Wednesdays & Fridays 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 Mondays, Wednesdays & Thursdays from 10:00 to 12:00

Distribution in **Dingmans**, American Legion 851 107 Ball Park Rd., Dingmans Ferry on Tuesdays & Fridays 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

Distribution at **Bushkill Center for Active Adults**, Top of the World Restaurant, 148 Cambridge Ct., Bushkill on Wednesdays 10:00 to 12:00

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.

Picnic at Bob’s Beach A.K.A Milford Beach

Friday, July 12th @ 10:00 am



\$3.00

Fun

Food

Games

Music!

Please call 570-775-5550 for reservations

July Greetings:

Happy 4th of July! Summer has crept up and taken over when we weren't looking, or hiding from the rain, as incessant as it was.

Summer

Thanks to all who made this year's Elder Justice Day a huge success. Our task force put together a wonderful program to provide the best preventative measure for people to avoid scams, exploitation, and abuse. The program got rave reviews from the attendees.



Our picnic on July 12th promises to provide fun, music and BBQ!!! Bring your fishing pole too.

We are upgrading our home delivered meal program. The nutrition staff is interested in your feedback. Some of the changes include providing labels on the desserts and appetizers as well as "use by" dates to make sure the meals that are delivered provide the highest nutrition content and quality for our consumers.

As we encourage donations for our nutrition program to stretch our resources as much as we can. To this date we have not had a waiting list for our home delivered meals.

Our new fiscal year is starting. By the time you read this, I am hoping Governor Wolf's budget is passed and will have our lottery funds uninterrupted. We have asked for an additional funds across the commonwealth to help the increasing needs of the protective services program.

Reports of abuse, exploitation, and neglect are at an all

time high here in Pike County as well as statewide.

Farm Market vouchers are being distributed at a senior center near you. Check out page 1 for locations and times. Don't miss the Ritter produce truck which will be visiting centers periodically to provide convenient ways to purchase produce. We will be having regular presentations on nutrition and recipes related to the fresh fruits and vegetables.

Tick season was especially harsh this year. The Pike County tick taskforce provides great information and advice about incidents you may have had with ticks. For more information or to make an appointment, call 570-775-7100.



Rep. Rosemary Brown assisted East Stroudsburg Univ. in getting a grant to help detect what diseases the ticks may be carrying. There is a testing center they use to detect these diseases. Check it out at 570-422-7892 or nchinnici@esu.edu



Rep. Brown's Anniversary Tea

First summer fruits: Strawberries

They're an excellent source of vitamin C and manganese and also contain decent amounts of folate (vitamin B9) and potassium.

Strawberries are very rich in antioxidants and plant compounds, which may have benefits for heart health and blood sugar control (1Trusted Source, 2Trusted Source).

Usually consumed raw and fresh, these berries can also be used in a variety of jams, jellies, and desserts. Fresh strawberries are very high in water, so their total carb content is very low — fewer than 8 grams of carbs per 3.5 ounces (100 grams).

The net digestible carb content is fewer than 6 grams in the same serving size

Fiber comprises around 26% of the carb content of strawberries.

One 3.5-ounce (100-gram) serving of strawberries provides 2 grams of fiber — both soluble and insoluble.

Dietary fibers are important to feed the friendly bacteria in your gut and improve digestive health. They are also useful for weight loss and can help prevent many diseases.

Throw some strawberries in a smoothie or on your cereal to boost the fiber and vitamin C content. Look for bright red color and avoid if they have started darkening or softening which is a sign of aging.



Donate

Pike County Area Agency on Aging would like to let you know, we have a Donation Button on our website now for your convenience. Any donation made goes to helping our Senior Population, whether it be for Senior Center Activities or our Home Delivered Meal Program. Please take advantage of this easy way to donate to our Agency, at www.pikeaaa.org. Thank you for all your continued support!

NEED HELP WITH MEDICARE COSTS?

APPRISE MAY BE ABLE HELP!

Below are income and resource guidelines for programs that can help with lowering Medicare premiums, deductibles and copayments, prescription drug costs.

<u>Benefit</u>	<u>Income-Single</u>	<u>Income-Married</u>	<u>Resources-Single</u>	<u>Resources-Married</u>
Medicare Part B premium, deductibles & copayments	\$1,061.00	\$1,430.00	\$7,730.00	\$11,600.00
Medicare Part B Premium	\$1,426.00	\$1,923.00	\$7,730.00	\$11,600.00
Prescription Drug help: Lower premiums, deductibles & copayments	\$1,950.00	\$2,641.00	\$12,890.00	\$25,720.00

Call Diakon Community Services APPRISE Program if you think you qualify: 570-775-5550 Ext 1313

Diakon Community Services manages the APPRISE Program under a contract with the Pike Area Agency on Aging with funding by the state Department of Aging and the Administration for Community Living.

The Elder Task Force would like to thank every consumer, vendor and member of the Task Force and Pike County officials who made the 2019 Elder Justice Day the most successful event to date. 97 seniors attended the event to receive valuable information on how they can prevent becoming a victim. Over 20 vendors were on hand to provide information to those in attendance. The Elder Task Force looks forward to planning next years Elder Justice Day for the seniors and community.



Lana's Voice

Too much salt can increase your risk for high blood pressure, heart failure, stroke, and kidney disease. Limit salt intake to no more than 2,300 mg of sodium per day (about a teaspoon) and avoid processed foods that have high levels of added salt. If you're in a high-risk group (over 40 years old, African American, or have hypertension or diabetes) restrict your salt intake to 1,500 mg per day.

In Season: Cantaloupe, tomatoes, peppers

Lana



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, Office Assistant

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

Safe Haven of Pike County

Administrative Assistant, Volunteer Advocate

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.**



INFORMATION

Wed. July 17th
St. Patrick's Church Hall
E. High & 4th Streets
Milford, PA
6:30-8:30 pm

The **APPRISE** Program, the
**Area Agency On Aging &
Catholic Social Concerns
Committee** will be
holding an informational session to
share information helpful to those
on Medicare learn how to possibly
reduce costs

Thurs. July 25th
St. John Newmann Church
705 Route 739
Lords Valley, PA
6:30-8:30 pm



Chris from APPRISE will be at our centers sharing some helpful
information on APPRISE and Medicare at 12:00 noon

Tuesday, July 9th Blooming Grove
Tuesday, July 16th Dingmans

Wednesday, July 10th Lackawaxen
Friday, July 19th Matamoras

No Appointment necessary

GLAUCOMA

**FREE Glaucoma Screening
10:00 to 12:00**

**Dingmans' Center, Tuesday, July 23rd
Saw Creek Center, Wednesday, July 24th
Blooming Grove Center, Thursday, July 25th
Matamoras Center, Friday, July 26th
Lackawaxen Center, Wednesday, July 31st**

**T
E
S
T
I
N
G**



**Community Lunch
Especially for Seniors (but all are welcome!)
Thursday, July 11th (2nd Thursday)
11:30-1:00**

**No charge and no need to call first
Good Shepherd Episcopal Church Parish Hall
Corner of W. Catharine & 5th St., Milford
Sponsored by the Ecumenical Food Pantry**



AARP 8 hour DRIVER SAFETY CLASS
 Wednesday 7/10 & Thursday 7/11, @ 1:30
 Blooming Grove Senior Center, 150 Pike County Blvd.
 Hawley PA 18428

Formerly "55 Alive", the new SMART DRIVER **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.

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 and AARP card to class

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.

VOLUNTEERS NEEDED FOR THE OMBUDSMAN PROGRAM

Volunteer Ombudsman are community neighbors who are specially trained to help clarify responsibilities and rights of consumers in long term living facilities. If you are available for a few hours a month, over 18 years of age, concerned about the rights of nursing home and assisted living/personal care home residents and interested in making a difference in the lives of long- term living residents, then you may be perfect for the Volunteer Ombudsman Program.

The Ombudsman program is through the Office of Serving Seniors Inc. For more information, please contact: Ombudsman Linda Korgeski by phone at 570-344-7190 or send email to lombudsman@epix.net



WATER The Forgotten Nutrient



Did you know....

- ◆ Our bodies are made up of 60% water.
- ◆ Water is the most important requirement for our bodies next to oxygen.
- ◆ Dehydration can be lethal.

During the summer months, it is even more important to ensure you are drinking enough fluids, unless otherwise directed by your doctor. As we get older, the signal to become thirsty decreases.

When you feel thirsty you are already dehydrated.

Seniors may also want to decrease their fluid intake to avoid going to the bathroom, but remember, if you decrease your fluids you may become dehydrated.

- ◆ Most people need 4-6 cups (32-48 oz.) of fluids each day.
- ◆ You can drink water or nutritious fluids such as juice or reduced-fat milk.

Symptoms of Dehydration:

Thirst
 Dry Mouth
 Weakness
 Confusion
 Dizziness
 Dry, flush skin
 Rapid hear beat

Tips to increase your fluid intake:

Ensure you have a drink during or after each meal
 Try to have some unsweetened juice or milk during your snack
 Take small sips of water while you are watching TV



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Tossed Salad BBQ Chicken Breast Potatoes O'Brien Creamed Spinach Wheat Bread Pineapples</p>	<p>2</p> <p>Three Bean Salad Alaskan Pollock 1/2 Baked Potato Mixed Vegetables Rye Bread Peaches</p>	<p>3</p> <p>Cranberry Juice Chicken Nuggets Tater Tots Corn Wheat Bread Fresh Fruit</p>	<p>4  5</p> <p>CLOSED FOR 4TH OF JULY HOLIDAY</p> <p></p>	
<p>8</p> <p>Red Cabbage Slaw Stuffed Shells & Tomato Sauce Italian Green Beans Italian Bread Chocolate Cake</p>	<p>9</p> <p>Cranberry Juice Hot Turkey, Mashed Potatoes & Gravy Succotash Fresh Fruit</p>	<p>10</p> <p>Waldorf Salad Beef Stroganoff Egg Noodles Peas & Carrots Rye Bread Peaches</p>	<p>11</p> <p>Beets & Onions Chicken & Vegetable Stew On A Biscuit Mashed Potatoes Jell-O</p> <p></p>	<p>12</p> <p>PICNIC At Bob's Beach</p> <p></p>
<p>15</p> <p>Lentil Soup Hot Dog(s) on Bun Baked Beans Potatoes O'Brien Mandarin Oranges</p>	<p>16</p> <p>Mandarin Salad Sweet & Sour Chicken Rice Stir Fried Vegetables Dinner Roll Pears</p>	<p>17</p> <p>Tossed Salad Vegetable Lasagna Carrots Italian Bread Vanilla Pudding</p>	<p>18</p> <p>Turkey Noodle Soup Roast Beef/Gravy Mashed Potatoes Zucchini/Tomatoes Cookies</p> <p></p>	<p>19</p> <p>Tomato Orzo Soup Chef Salad Turkey/Ham/Cheese Dinner Roll Fresh Fruit</p> <p></p>
<p>22</p> <p>Cucumber Salad Lemon Pepper Fish Potatoes Au Gratin Zucchini & Tomatoes Wheat Bread Chocolate Cake</p>	<p>23</p> <p>Green Bean & Tomato Salad Stuffed Cabbage Mashed Potatoes Peas Rye Bread Jell-O</p>	<p>24</p> <p>Grape Juice Chili Con Carne Rice Carrots Corn Muffin Mandarin Oranges</p>	<p>25</p> <p>Beef Barley Soup Crackers Fish Sticks Potatoes O'Brien Mixed Vegetables Wheat Bread Fresh Fruit</p> <p></p>	<p>26</p> <p>Asian Slaw Teriyaki Meatballs Stir Fried Vegetables Rice Dinner Roll Pistachio Pudding</p> <p></p>
<p>29</p> <p>Tossed Salad Meatloaf & Gravy Red Bliss Potatoes Brussel Sprouts Wheat Bread Tapioca Pudding</p>	<p>30</p> <p>Split Pea Soup Crax Swedish Meatballs Rotini Pacific Medley Dinner Roll Fruit Cocktail</p>	<p>31</p> <p>Grape Juice Italian Sausage, Onions & Peppers on Hoagie Home Fried Potatoes Fresh Fruit</p>	<p>If we fill our hours with regrets of yesterday and with worries of tomorrow, we have no today in which to be thankful</p>	

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Medical Transport	2 Arts & Crafts Wii Bowling	3 Cards Dominoes, Rummikube		
8 Medical Transport Monday's Angels Alzheimer's Support @ 1:30	9 Arts & Crafts Tai Chi 10:30 Wii Bowling Bigger Shopping Dingmans/Shohola	10 Cards Dominoes, Rummikube AARP 8 hour Defensive Driving Course 1:30 pm Bigger Shopping Mil/Mat	11 Bingo Exercise with Lana Wii Bowling AARP 8 hour Defensive Driving Course 1:30 pm Bigger Shopping Promised Land	12 All Centers Closed Picnic At Bob's Beach
15 Medical Transport Advisory Board Mtg. @ 12:30 Committee @ 10:30	16 Arts & Crafts Tai Chi 10:30 Wii Bowling VA Rep @ 9:00	17 Cards Dominoes, Rummikube	18 Wii Bowling Ritter's Truck @ 10:00 Blood Pressure Safe Haven Visit	19 Cards Arts & Crafts
22 Medical Transport Monday's Angels Alzheimer's Support @ 2:30	23 Arts & Crafts Tai Chi 10:30 Wii Bowling	24 Cards Dominoes, Rummikube	25 Bingo Exercise with Lana Wii Bowling Birthday Celebration	26 Cards Arts & Crafts
29 Medical Transport	30 Arts & Crafts Tai Chi 10:30 Wii Bowling	31 Cards Dominoes, Rummikube	<div style="border: 1px dashed black; padding: 10px;"> <p>Donate</p> <p>Please remember if you receive home delivered meals the suggested donation is \$3.00 per meal, per person, per day.</p> <p>Thank you for your generosity!</p> </div>	

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed Medical Transport	2 Closed	3 Cards, Games Lunch ~AARP Club~ Diabetes Clinic	 <p>CLOSED FOR 4TH OF JULY HOLIDAY</p>	
8 Closed Medical Transport	9 Closed	10 Cards, Games Lunch Diabetes Clinic 10:30-11:30	11 CLOSED	12 ALL CENTERS CLOSED PICNIC AT BOB'S BEACH
15 Closed Medical Transport	16 Closed	17 Cards, Games Lunch ~Ritter's Truck~ ~Blind Assoc. Support~ ~Diabetes Clinic 10:30-11:30~	18 CLOSED	19 Bingo, Cards & Games Lunch Exercise & Line Dancing with Lana @ Noon Mediation Safe Haven Visit 
22 Closed Medical Transport	23 Closed	24 Cards, Games Lunch ~Golden Age Club~ ~Diabetes Clinic 10:30-11:30~ ~Chair Yoga~	25 CLOSED	26 Bingo, Cards & Games Lunch Exercise & Line Dancing with Lana @ Noon Meditation Birthday Celebration 
29 Closed Medical Transport	30 Closed	31 Cards, Games Lunch		



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

7/3-Blood Pressure Screening
7/3-Exercise with Lana 12:00-2:00
7/9-Water Aerobics with Darcie 12:30-1:30
7/10-Safe Haven Visit
7/17-Yoga with Lori 12:30-1:30
7/24-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

July

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cards & Games Exercise Lunch	2 CLOSED	3 Cards & Games Lunch Exercise Bob-Chi @ 10:30	 CLOSED FOR 4TH OF JULY HOLIDAY	
8 Cards & Games Exercise Lunch	9 CLOSED	10 Cards & Games Lunch Exercise	11 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 	12 CLOSED PICNIC AT BOB'S BEACH
15 Cards & Games Exercise Lunch <i>Safe Haven</i>	16 CLOSED	17 Cards & Games Lunch Exercise Blood Pressure	18 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 	19 CLOSED
22 Cards & Games Exercise Lunch	23 CLOSED	24 Cards & Games Lunch Exercise	25 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 Safe Haven Visit 	26 CLOSED
29 Cards & Games Exercise Lunch	30 CLOSED	31 Cards & Games Lunch Exercise Celebrate Birthdays	There is no right way to do a wrong thing!	

July

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Closed <i>Medical Transport</i>	2 Cards, Games Lunch Yoga w/Lori @ 10:30	3 Closed	CLOSED FOR 4TH OF JULY HOLIDAY 	
8 Closed <i>Medical Transport</i>	9 Cards, Games Lunch Yoga w/Lori @ 10:30	10 Closed	11 Closed	12 CENTERS CLOSED PICNIC @ BOB'S BEACH
15 Closed <i>Medical Transport</i>	16 Cards, Games Lunch Yoga w/Lori @ 10:30	17 Closed	18 Closed	19 Bingo, Cards & Games Lunch 
22 Closed <i>Medical Transport</i>	23 Cards, Games Lunch ~Yoga w/Lori @ 10:30 ~ ~Blood Pressure~ ~Safe Haven Visit ~	24 Closed	25 Closed	26 Bingo, Cards & Games Lunch 
29 Closed <i>Medical Transport</i>	30 Cards, Games Lunch ~Yoga w/Lori @ 10:30~ ~Celebrate Birthdays~	31 Closed	A man can fail many times but he isn't a failure until he begins to blame somebody else. else.	

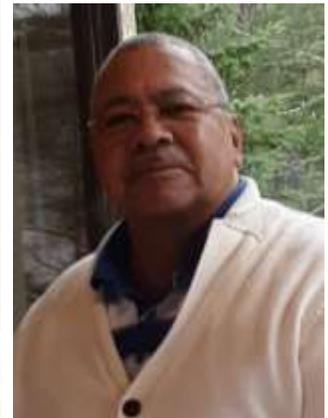
Happy Birthday Geraldine



Happy Birthday Lenore



Happy Birthday to the Matamoras Crew



EVENTS and PROGRAMS

KNIGHTS OF COLUMBUS

A nutritious home cooked meal will be provided Sunday, July 7th.

London Broil 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.

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, 7/15/19 Mon, 8/19/19 Mon, 9/16/19
Mon, 10/21/19 Mon, 11/18/19

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



Questions, please call 570-296-3408

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 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

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

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



KNIGHTS OF COLUMBUS

Will host a BBQ 7/21 & 8/18 at
ST. VINCENT'S PARISH HALL
St. Vincent's Dr, Rt 739, Dingmans Ferry
2:00 PM-4:00 PM.
All are welcome.



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



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
Summer Food-4-Kids Program also available

Safe Needle Disposal

Bon Secours Hospital
160 E. Main St
Pt. Jervis, NY 12771
845-858-7000

Bon Secours will accept your filled, sealed container at the information desk in the lobby
7 am to 8 pm
Monday through Friday
8 am to 8 pm weekends.



They will give you an empty container

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, Jennifer Miller & 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 * Vacant * Charlotte Bell *Jeanne Carlstedt
* Jacqueline Eadicicco * Laura Guccini-Engle * Kathie Joseph * Leatrice Langer * Barbara Leary
* Marianne McMillin * Vacant * 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.