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ENTREES AT A GLANCE

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

- 9/2-Centers Closed for Labor Day**
- 9/3-Lemon Pepper Fish**
- 9/4- Stuffed Peppers**
- 9/5-Italian Sausage, Onion & Pepper Hoagie**
- 9/6-Chicken Vegetable Stew/Biscuit**
- 9/9-Chef Salad**
- 9/10-Roast Beef & Gravy**
- 9/11-Sweet & Sour Chicken**
- 9/12-Chiliburger on a Bun**
- 9/13-Fish Sticks**
- 9/16-Lemon Chicken**
- 9/17-Meatloaf & Gravy**
- 9/18-Swedish Meatballs**
- 9/19-Hot Turkey & Gravy**
- 9/20-Hot Dog (s) on Bun**
- 9/23-Teriyaki Meatballs**
- 9/24-Chicken Ceasar Salad**
- 9/25-Corned Beef Cabbage**
- 9/26-Ham & Cheese Omelet**
- 9/27- Stuffed Shells**
- 9/30-Pasta Bolognese**

SALAD BAR-Thurs & Fri



Computer Lessons to resume on October 8th

Please call Lana to schedule an appointment.
570-775-5550 x 1317

Pike County Area Agency on Aging



State Representative Mike Peifer invites you to the **2019 Senior Citizens Expo**



Co-hosted with **State Representative Rosemary Brown**

Friday, Sept 6th 9:00 am to 12:30 pm
Dingmans Fire Department
680 Log Tavern Rd, Milford PA 18337

*More than 50 exhibitors *Free Admission *Light Refreshments *Free Flu Shots by CVS Pharmacy*
Prescription Drug Take Back Station hosted by Pike County Sheriff Kerry Welsh

Pike County Transportation is offering convenient, free transportation for Pike County residents 65 and over.



You **MUST** register in advance for this service by **Sept. 2nd**
Please call 570-296-3408 or 866-681-4947

This event gives seniors the opportunity to learn more about services, activities and information in the area that can enhance their quality of life.



Costa’s Golf Outing

Thursday, September 26th

9:30 AM

Golf: \$3.00 (the agency will pay the difference)

Lunch: \$5.00

Choice of cheeseburger, hamburger, hot dog, chicken tenders or grilled cheese. All choices are served with French fries and a drink.

Hand dipped ice cream with a topping is available for an **additional \$2.00 charge.**

Reservations required:

Please call 570-775-5550

September

Back to school for some of us like my daughter and son, but not others, like my husband who is newly retired from teaching. Let's start the Honey Dew list now, you know what they say, idle hands.....

Thank you to: all who made the summer a success including our partners at Work Force Development and our summer interns from Marywood and Messiah College, our friends at Delaware Township and Akenac Park, the volunteers at our Milford Beach picnic and Akenac park as well as the Staff at Pike County Transportation for providing wheels to our centers and services. Of course the Ritter family and their nutrient-dense produce has been an annual supporter of the Farmers Market Nutrition Program.

Looking back at summer and family reunion:

This past weekend I had the pleasure of spending with my whole family including my favorite Aunt Billie who is 93. We heard stories of her childhood with my mother and their life on the farm. How they left for Newark NJ when there was no more work when interstate 81 came through the farm property. While I have heard these stories before, it made it even more apparent that this greatest generation conveys a sense of resourcefulness and fortitude. They don't expect anything they have not worked for and don't take anything for granted. As we do our best to provide supports and services to people here in our own County, we often see this group of nonagenarians not receptive to too much help as "someone else could use it". Please remember a little help now will help you stay independent longer and most importantly, have a plan. A plan that YOU want for back up if there is a medical or family emergency. Good planning is worth its weight in gold when the time comes.

This month you may be getting some information in the mail if you have both Medicaid and Medicare. In January 2020 our county will be part of the Phase III rollout of Community Health Choices for Long term care supports and services. If you are part of the PDA Waiver program this means you. Ask your service coordinator for more information so you can make an informed choice.

Emergency Preparedness month is this month. We are participating in the Sheriff's office "A.L.I.C.E." Training to be more prepared for workplace emergencies. Look for our Pike County EMA table at the senior expo this month. Our table will also be having a scavenger hunt and the winner (s) will be getting their very own emergency kit. This year there are over 70 vendors!!!!



Healthy Aging Month Tips: 6 Healthy Lifestyle Ideas like traveling, hobbies or sports

Take cat naps

It's proven that naps are not just good for toddlers but for people of all ages. A study revealed people who take naps are 37% less likely to die from heart disease.

Mix & mingle with the right crowd

There is clear link between having the right social ties and living a longer life. Surround yourself around positive people who help lift you up and encourage you to follow your dreams. Continue your old hobbies and find new activities that you can do with your friends or alone.

Stay active

Exercise regularly. It is recommended to get least 2.5 hours of exercise a week. Not everyone likes the gym but how about a nice nature walk or dancing?

Set realistic goals

Make a plan to clearly define where you are going and how you will get there. Research has shown those who have a clear sense of purpose and drive have a less chance of getting Alzheimer's disease.

Budget and spend your money wisely

Create a budget. Know where your money is going. Try to cut down your expenses. Not being able to afford the things you want to do in life can add stress your life. Look at ways you can lower regular bills and allocate it to other things like traveling, hobbies or sports.

Vouchers will be distributed in **Blooming Grove**,
150 Pike County Blvd., Hawley
Tuesdays, Wednesdays & Thursdays from 10:00 to 12:00 until September 30th

Ritter's Truck in Blooming Grove, September 19th & October 17th

Voucher distribution in **Matamoras**, 506 Avenue Q, Matamoras
Wednesdays & Fridays from 10:00 to 12:00 until September 27th

Ritter's Truck in Matamoras September 18th & October 16th

Voucher distribution in **Lackawaxen**, Beisel Beck Rd & Rte 590, Lackawaxen
Mondays, Wednesdays & Thursdays from 10:00 to 12:00 until September 26th



Voucher distribution in **Dingmans**, American Legion 851
107 Ball Park Rd., Dingmans Ferry
Tuesdays & Fridays from 10:00 to 12:00

Voucher distribution at **Westfall Senior Apts**, 132 Hulst Dr.,
Matamoras on Thursdays from 10:00-12:00
September 12th

Voucher distribution at **Bushkill Center for Active Adults**,
Top of the World Restaurant, 148 Cambridge Ct., Bushkill
Wednesdays 10:00 to 12:00 until September 25th

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.*****

Coming Soon



Tai Chi for Arthritis

Check Newsletters for what Centers and Dates

The US Centers for Disease Control and Prevention, Other Health Departments and Arthritis
Foundations around the world recommend this program.

The Tai Chi for Arthritis program, which has helped millions of people-both with and without arthritis-to
find relief from pain, reduces falls, improves balance and health for a better quality of life.
If interested please call (570-775-5550) let us know your name, phone # and what center.



Mini Golf Tournament

Where: Frontier Falls Mini Golf
5255 Buttermilk Falls
Shawnee on Delaware, PA 18301

When: Tuesday, September 17, 2019

Includes: Golf, 2 slices of Bosco Pizza & beverage
\$9.50

Pike County Area Agency on Aging will pay for part of your golf.

Reservations Required

Call Kathy or Lana 570-775-5550

RSVP of Pike, Wayne & Berks Counties* Volunteer Opportunities

Pike County Area Agency on Aging

Health & Wellness Programs,
Home-Delivered Meal Drivers, Senior Center

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.**



DANCE TEAM

Have you always wanted to be a performer?
Here is your chance.

It's never too late to get out there.

We are looking to create a dance team to
perform at different nursing homes, etc.
Practice will be at the Matamoras Center on
Fridays in the early
afternoon.

We are also looking for
people to learn and
perform tap dancing.



Lost & Found

**Did you come to our Blooming Grove
Center on Thursday,
August 15th to shop at the
Ritter's farm stand?**

Are you missing a ring?

**If you answered yes to these
questions, please call
570-775-5550**

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!

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



4 Hour Driver Safety Course
Wednesday, September 18th
1:00 pm

Blooming Grove Senior Center

Formerly "55 Alive", the new SMART DRIVER 4 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 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



Do you need vitamin or mineral supplements? A well-balanced diet with a variety of foods usually has sufficient vitamins and minerals. However, people who may have different nutritional needs or don't have a healthy diet may benefit from taking a vitamin or mineral supplement. Ask your doctor or dietitian if you need to take a supplement.

Please remember it is very important that you stretch and strengthen your muscles. You are the only one that is in control of your life. Live it healthy and long. If you are not sure how to stretch and strengthen your muscles safely come to our exercise classes at one of our centers, we will be happy to teach you for free.

Let the music move you by dancing with a loved one this month!

Lana

In Season: Spinach, persimmons and figs.

Take Steps to Battle Robocalls, Spoofing

Protect yourself by using some of the following tips provided by the FCC: don't answer calls from unknown numbers; due to spoofing, don't assume when the caller ID shows a local number that the caller is actually local; if you answer and the caller asks you to press a button to stop receiving calls or asks you to say "yes" in response to a question, hang up to prevent your response from being used for unauthorized charges; and if a caller claims to be from a legitimate company or organization, hang up and call them back using a valid number found online or a recent bill if you do business with the organization.



If you have lost money because of a scam call, notify your local law enforcement agency. If you receive a spam call, file a complaint with the FCC Consumer Complaint Center.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 ALL CENTERS CLOSED FOR LABOR DAY</p>	<p>3 Cucumber Salad Lemon Pepper Fish Potatoes Au Gratin Zucchini & Tomatoes Rye Bread Chocolate Cake</p>	<p>4 Tomato Orzo Soup Stuffed Peppers Mashed Potatoes Carrots Wheat Bread Peaches</p>	<p>5 Split Pea Soup Crax Italian Sausage Onions & Peppers On Hoagie Roll Home Fried Potatoes Banana Cake</p> 	<p>6 Beets & Onions Chicken & Vegetable Stew on Biscuit Mixed Vegetables Mashed Potatoes Oranges</p> 
<p>9 Lentil Soup Chef Salad Turkey/Ham/Cheese L/T/O Dinner Roll Fresh Fruit</p>	<p>10 Chicken & Rice Soup Roast Beef/Gravy Roasted Potatoes Cream Style Spinach Wheat Bread Apple Sauce</p>	<p>11 Mandarin Salad Sweet & Sour Chicken Rice Stir Fried Vegetables Dinner Roll Pineapples</p>	<p>12 Cucumber Salad Chiliburger/Bun Oven Fried Potatoes Baked Beans Peach Crisp</p> 	<p>13 Tossed Salad Fish Sticks Potato O'Brien Brussel Sprouts Chocolate Pudding</p> 
<p>16 Tossed Salad Lemon Chicken Cous Cous with Vegetable Medley Dinner Roll Pears</p>	<p>17 Red Cabbage Slaw Meatloaf & Gravy Red Bliss Potatoes Brussel Sprouts Wheat Bread Cookies</p>	<p>18 Beef Barley Soup Crax Swedish Meatballs Rotini Peas & Onions Rye Bread Fresh Fruit</p>	<p>19 Cole Slaw Hot Turkey, Gravy & Mashed Potatoes Succotash Dinner Roll Pistachio Pudding</p> 	<p>20 Orange Juice Hot Dog (s) On Bun Baked Beans Potato Salad Jell-O</p> 
<p>23 Asian Slaw Teriyaki Meatballs Stir Fried Vegetables Rice Dinner Roll Fresh Fruit</p>	<p>24 Southwest Corn Chowder Chicken Ceasar Salad Macaroni Salad Roll Fruited Jell-O</p>	<p>25 Tomato Green Bean Salad Corned Beef Cabbage Potatoes Rye Bread Chocolate Pudding</p>	<p>26 V-8 Juice Ham & Cheese Omelet Salsa on side Home Fries Blueberry Muffin</p> 	<p>27 Broccoli & Chick Pea Salad Stuffed Shells Tomato Sauce Italian Green Beans Italian Bread Ambrosia</p> 

30
Tossed Salad
Pasta Bolognese (meaty tomato sauce)
Peas & Onions
Wheat Bread
Ice Cream

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!

Donate

Seniors Are Our First Priority

September

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 ALL CENTERS CLOSED LABOR DAY	3 Arts & Crafts Tai Chi 10:30 Wii Bowling	4 Cards Dominoes, Rummikube	5 Bingo Exercise with Lana Wii Bowling Blood Pressure	6 Cards Arts & Crafts Senior Expo
9 Medical Transport Monday's Angels Alzheimer's Support @ 1:30	10 Arts & Crafts Wii Bowling Bigger Shopping Dingmans/Shohola	11 Cards Dominoes, Rummikube Bigger Shopping Mil/Mat	12 Bingo Wii Bowling Bigger Shopping Promised Land	13 Cards Arts & Crafts
16 Medical Transport Advisory Board @ 12:30 Committee @ 10:30	17 Arts & Crafts Tai Chi 10:30 Wii Bowling VA Rep @ 9:00	18 Cards Dominoes, Rummikube 4 Hour Driver Safety Class @ 1:00	19 Wii Bowling Blood Pressure Ritter's Truck @ 10:00	20 Cards Arts & Crafts
23 Medical Transport Monday's Angels Alzheimer's Support @ 2:30	24 Arts & Crafts Tai Chi 10:30 Wii Bowling	25 Cards Dominoes, Rummikube	26 Bingo Wii Bowling Costa's Golf Outing @ 9:30 Birthday Celebration	27 Cards Arts & Crafts
30 Medical Transport	 <p>Did you go to our Matamoras Center for shopping at the Ritter's truck On Wednesday, August 14th? Did you lose a necklace? Please call our office 570-775-5550</p>			

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 lcombudsman@epix.net

Monday	Tuesday	Wednesday	Thursday	Friday
2 Centers Closed Labor Day	3 CLOSED	4 Cards, Games Lunch ~AARP Club~ ~Diabetes Clinic 10:30-11:30~	5 CLOSED	6 Bingo, Cards & Games Lunch Exercise, Line Dancing & Meditation with Lana @ 12:30 Senior Expo 
9 Closed Medical Transport	10 CLOSED	11 Cards, Games Lunch ~Diabetes Clinic 10:30-11:30~	12 CLOSED	13 Bingo, Cards & Games Lunch Exercise, Line Dancing & Meditation with Lana @ 12:30 Blood Pressure 
16 Closed Medical Transport	17 CLOSED	18 Cards, Games Lunch ~Ritter's Truck~ ~Diabetes Clinic 10:30-11:30~ ~Blind Assoc. Support~	19 CLOSED	20 Bingo, Cards & Games Lunch Exercise, Line Dancing & Meditation with Lana @ Noon 
23 Closed Medical Transport	24 CLOSED	25 Cards, Games Lunch Golden Age Club	26 CLOSED	27 Bingo, Cards & Games Lunch Exercise, Line Dancing & Meditation with Lana @ 12:30 Safe Haven Visit 11:00-11:30 Birthday Celebration 
30 Closed Medical Transport	 <p>October 7th is the last day to register for the November election October 29th is the last day to apply for a civilian absentee ballot</p>			



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

- 9/4-Blood Pressure Screening
- 9/4-Exercise with Lana 12:00-2:00
- 9/11-Water Aerobics with Darcie 12:30-1:30
- 9/11-Safe Haven Visit 11:00-11:30
- 9/11-Glaucoma Testing 10:00-12:00
- 9/18-Yoga with Lori 12:30-1:30
- 9/25-Ombudsman Speaker 11:00-11:30
- 9/25-Exercise with Michelle 12:30-1:30
- 9/25-Water Aerobics with Darcie 12:30-1:30

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



September

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Centers Closed Labor Day	3 CLOSED	4 Cards & Games Exercise Lunch	5 Cards, Games & Bingo Exercise Lunch @ 11:45 Mahjongg @ 1:00 	6 CLOSED
9 Cards & Games Exercise Lunch	10 CLOSED	11 Cards & Games Exercise Lunch Bob-Chi @ 10:30	12 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 	13 CLOSED
16 Cards & Games Exercise Lunch	17 CLOSED	18 Cards & Games Exercise Lunch Blood Pressure	19 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 Safe Haven Visit 11:00 	20 CLOSED
23 Cards & Games Exercise Lunch	24 CLOSED	25 Cards & Games Exercise Lunch Birthday Celebration	26 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 Costa's Golf Outing @ 9:30 	27 CLOSED
30 Cards & Games Exercise Lunch	New to Medicare? Have Medicare questions? Call Chris 570-775-5550 x 1313			



September

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Centers Closed Labor Day	3 Cards, Games Lunch ~Yoga w/Lori @ 10:30~ ~Celebrate Birthdays~	4 Closed	5 Closed	6 Bingo, Cards & Games Lunch Senior Expo 
9 Closed Medical Transport	10 Cards, Games Lunch ~Yoga w/Lori @ 10:30 ~	11 Closed	12 Closed	13 Bingo, Cards & Games Lunch 
16 Closed Medical Transport	17 Cards, Games Lunch ~Costa's Golf Outing @ 9:30~ ~Yoga w/Lori @ 10:30~ Safe Haven Visit 11:00	18 Closed	19 Closed	20 Bingo, Cards & Games Lunch 
23 Closed Medical Transport	24 Cards, Games Lunch ~Yoga w/Lori @ 10:30 ~ ~Blood Pressure~ Ombudsman Speaker @ 11:30 ~Celebrate Birthdays~	25 Closed	26 Closed	27 Bingo, Cards & Games Lunch 
30 Closed Medical Transport	To belittle is to be little. Our problem isn't not knowing what is right, it is doing it.			



Camp Akenac
August 2nd



EVENTS and PROGRAMS

KNIGHTS OF COLUMBUS

Will host a free Barbeque on Sunday, Sept 8th at **ST. JOHN NEMANN PARISH HALL**
705 Route 739, Lords Valley, PA
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

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



The Food Pantry Program at the Church at Hemlock Farms will be open Mondays
4:00 PM to 6:30 PM

Registration is a **MUST** prior to distribution.

Please register by calling 570-775-6787

Mon, 9/16/19 Mon, 10/21/19

Mon, 11/18/19 Mon, 12/16/19

KNIGHTS OF COLUMBUS ST. VINCENT'S PARISH HALL

Will host a community meal

September 15th

St. Vincent's Dr, Rt 739, Dingmans Ferry
2:00 PM-4:00 PM.

Food Pantry
St. Ann's Catholic Church, 125 Richardson Ave,
Shohola, PA 18458, 570-832-4275
Distribution 1st & 3rd Thursdays
9:30 to 11:30 am Registration at pick up.

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

Community Lunch
Especially for Seniors (but all are welcome!)
Thursday, September 12th
11:30-1:00

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



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

Did you know that Pike County Transportation only requires 24 hour notice?
Questions, please call 570-296-3408



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

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**

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