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### ENTREES AT A GLANCE

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

- 11/1-Chili Burger on Bun
- 11/4-Pasta Bolognese
- 11/5-Ham & Cheese Omelet
- 11/6-Roast Beef/Gravy
- 11/7-Corned Beef & Cabbage
- 11/8-Teriyaki Meatballs
- 11/11-Veterans Day-Centers Closed
- 11/12-Beef Stroganoff
- 11/13-BBQ Chicken
- 11/14-Vegetable Lasagna
- 11/15- Stuffed Cabbage
- 11/18-Sweet & Sour Chicken
- 11/19-Tuna Salad on Hoagie Roll
- 11/20-Swedish Meatballs
- 11/21-Roast Turkey
- 11/22-Alaskan Pollock
- 11/25-Chili Con Carne
- 11/26- Stuffed Shells
- 11/27-Hot Dog/Bun
- 11/28-Thanksgiving Day-Centers Closed
- 11/29-Centers Closed

**SALAD BAR-Thurs & Fri**



Computer Lessons by appointment only  
 Please call Lana to schedule an appointment.  
 570-775-5550 x 1317

## Pike County Area Agency on Aging

### Red White & Blue Thanksgiving Luncheon

Help us celebrate at our Thanksgiving luncheon honoring our veterans' on Thursday, November 21st at our Blooming Grove Senior Center 150 Pike County Blvd., Hawley

**FREE LUNCH FOR ALL VETERANS**  
**Please call 570-775-5550 for reservations**

November is National Family Caregiver Month as well as National Alzheimer's Awareness Month.

These two topics go hand in hand often as families who are dealing with a loved one with Alzheimer's dementia or related cognitive disorder are thrust into a whirlwind of decision making, frustration, concern, fear, and often guilt for wishing things were different.

Family members can be our greatest helpers or our biggest obstacles!

Tension can build quickly if one feels as though the responsibility for care is being unfairly distributed among siblings. If you live closest, you might feel as if the caring role has been imposed upon you. One sibling may have always been the meek, another may have always been argumentative. Long held family roles can make this time difficult to navigate. Please see page 4 for information on where to find support:

*Source: PA home care association www.pahomecare.org*

Christmas Party  
 Lackawaxen Senior Center  
 Lackawaxen Fire Dept.  
 Beisel Beck Rd & Rte 590  
 Lackawaxen, PA 18435

Friday, December 6th

- Entertainment
- Food
- Fun
- Santa

**Reservations required:** please  
 Call 570-775-5550



Robin's Greeting:

The Pennsylvania Caregiver Support Program provides primary caregivers with a break from caregiving (respite care), reimbursement for out-of-pocket costs associated with caregiving-related services and supplies, education, training, counseling, and more. The program aims to alleviate the stresses associated with caregiving by focusing on the well-being of the caregiver. The program is administered by your local Area Agency on Aging. Each caregiver is assigned a care manager who will come to the care receivers' home, conduct a comprehensive assessment of the needs of the caregiver, provide support, and work with them to develop a person-centered plan of care.

### **Eligibility**

Both the caregiver and care receiver must be a resident of Pennsylvania and must participate in a needs assessment conducted by their local Area Agency on Aging. The caregiver must be an adult who is primarily responsible for providing care on a regular basis, and meet one of the family members must meet certain criteria. To find out your potential eligibility call our office and speak to Lorraine or have intake do a screening on your situation\*

\*Pike County residents only need inquire

November is also very busy with holiday planning, family returning to get together from far away. Don't forget the cranberry sauce!!! Sue has put together a list of places where you DON'T HAVE TO COOK and are alone or limited on family and or funds. Check out page 3.

Our Veteran's Day Celebration will be on November 21st this year and promises to be a huge event to celebrate our Vets and their families. This is our 30th year at Pike AAA and found we still have over 200 Veterans we have served over the last few years with services and supports. Let's give them a big salute. Call 570-775-5550 to make a reservation. **Veterans are FREE.**

We were recently awarded a grant from the Pocono Arts Council and are excited to get ready for our folks to immerse themselves in music and performance. Stay tuned for more information and locations where we will be providing these fun programs.

Lastly, with the budget well under way, we are still finding insufficient funds for the great needs of our folks. We continue to have a waiting list and often have to screen and make families wait for any type of assistance from our OPTIONS program. Don't forget the opportunity for your far away friends and family to donate to the AAA and help us help more folks get services and supports to stay at home longer and safer. Check out the **Paypal** button at [www.pikeaaa.org](http://www.pikeaaa.org)

If needed, donations may be made via check (payable to Pike AAA) and mailed to 150 Pike Co. Blvd. Hawley Pa.

THANKS TO:

The family of Helen Ulmstead for their very kind donations.  
All of the Thanks Giving "Angels" from the Milford American Legion, St. Vincent de Paul Church, Roy Hull and Faith based partners in Milford, Hawley United Methodist, St. Ann's Church, Shohola, St. Luke's Church, Stroudsburg, Magnolia Streamside Resort, Canadensis, all of the pantries in the area providing extra goodies to make the holidays pleasant not stressful, Weis Market and IGA and Dutch's Market for their continued generosity, lastly but not leastly our awesome volunteers at Pike AAA who make this Agency tick.



## Attention ALL Veterans

### DON'T BE A VICTIM:

Be aware of pension poaching scams

VA



U.S. Department  
of Veterans Affairs

The U.S. Department of Veterans Affairs (VA) pension exists to help financially disadvantaged wartime Veterans and their survivors.

Individuals and organizations are available to help you file a VA pension claim **FREE OF CHARGE**.

A searchable list of VA-accredited representatives including Veterans Service Organizations, agents and attorneys is available at the VA Office of General Counsel website:

[www.va.gov/ogc/apps/accreditation/index.asp](http://www.va.gov/ogc/apps/accreditation/index.asp)

To get more information about VA pension,  
visit [www.benefits.va.gov/pension](http://www.benefits.va.gov/pension) or call 1-800-827-1000

## THANKSGIVING DINNER

St Luke's Church - 818 Main Street, Stroudsburg, PA 18360  
A sit down full course Thanksgiving Day Meal 12pm-2pm  
Downstairs in the Church - Jacques Center.  
CALL FOR RESERVATIONS.  
570-421-9097

Good Shepard Episcopal Church - 110 West Catharine St. in Milford  
(corner of 5th Street and W. Catharine St.)  
Is having a sit down Hot Thanksgiving Day meal, November 28th, 12pm till 4pm all are welcome

American Legion #139 in Milford Route 2001 and Cliff Park Road in Milford.  
( helicopter on property)  
Is having a sit down Hot Thanksgiving meal for those who can drive and get out  
Saturday November 23, 2019 @ 12:30pm.

St. Ann's Church - 121 Richardson Ave, Shohola, PA 570-832-4275 – ALL WELCOME  
2:00 pm services in church then a full course Thanksgiving Meal  
directly after downstairs in Muligan Hall.

The Hawley United Methodist Church - 315 Church St. Hawley, PA  
will be having a "HOT" dinner Thanksgiving Day November 28th open to the public  
12 NOON to 2pm. Call for reservations 570-226-3875 "Take Out Available"

St. Vincent de Paul Church 101 St. Vincent Drive Route 739, Dingman Township  
(Across from Ray-N-Charles) Thanksgiving Day Thursday, November 28, 2019 2:00 p.m. - 4:00 p.m.  
Doors open at 1:30 p.m. in the Parish Hall Dinner Buffet will begin at 2:00 p.m.  
For reservations please contact the Parish Office (570) 686-4545 or stvoff@ptd.net

Magnolia Streamside Resort, 2518 Route 390 North, Canadensis  
Will be serving a warm, inviting holiday meal on  
Tuesday, November 26th at 6:00 PM  
RSVP: 570-595-2489

Please join us as Kyle from the Department of Public Safety  
Emergency Management department  
gives a presentation on being prepared in an emergency.

Smoke Detectors information  
Carbon Monoxide Detectors information  
Shelter in an emergency

Wednesday, Nov 6th in Saw Creek @ 11:00  
Tuesday, Nov 12th in Dingmans Center @ 11:30  
Tuesday, Nov 19th in Blooming Grove @ 12:00  
Wednesday, Nov 20th in Lackawaxen @ 12:00  
Friday, Nov 22nd in Matamoras @ 12:00



If you need help paying your heating bills, or have a heating emergency  
**LIHEAP** can help.

#### INCOME GUIDELINES 2019-2020

1 person.... \$18,735

2 people ....\$25,365

3 people.... \$31,995

Add \$6,630 for each additional family member

**LIHEAP** is a cash grant. You do **NOT** have to repay it.

Apply online at [www.compass.state.pa.us](http://www.compass.state.pa.us) or call the LIHEAP hotline at **1-866-857-7095** or PA  
Relay at 711 for the hearing impaired.

You will need:

Names, date of birth, social security number and proof of income for all household members as well  
as a recent heating bill.

Apply between Nov 1st 2019 and Apr 10th 2020.

Applications are available at you local County Assistance Office and all of our centers.

Please call 570-775-5550 to schedule an appointment to have someone at our Blooming Grove office  
assist you with your application.

Continued from front cover, Family Caregiver

Where to find support:

Family Caregiver Alliance [www.caregiver.org](http://www.caregiver.org)

AARP connects family caregivers [www.aarp.org](http://www.aarp.org)

The Alzheimer's Assoc. offers support [www.alz.org](http://www.alz.org)

Pike AAA has spots for caregivers and older relatives as caregivers [www.pikeaaa.org](http://www.pikeaaa.org)

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](http://www.pikeaaa.org).

Thank you for all your continued support!

# MEDICARE OPEN ENROLLMENT

This time of year I encourage all Medicare beneficiaries to review their Medicare Advantage and Medicare prescription drug plans. Your plan may have served you well this past year; however these plans' details, including premiums, deductibles and co-payments may change each year. You should be receiving 2020 information from your current plans in the near future so read these details carefully. Each year, you can make changes for the following year during the Annual Open Enrollment Period. The **APPRISE** Program offers free, unbiased reviews of your coverage. Schedule an appointment with a trained Medicare counselor to see if your plan is still the best for you. We are here to help you put more money back in your pocket for 2020.

## What changes can I make?

- ◆ Change from Original Medicare to a Medicare Advantage Plan.
- ◆ Change from a Medicare Advantage Plan back to Original Medicare.
- ◆ Switch from one Medicare Advantage Plan to another Medicare Advantage Plan
- ◆ Join a Medicare Prescription Drug Plan.
- ◆ Switch from one Medicare drug plan to another Medicare drug plan.



**When?** October 15–December 7

**HOW?** Call 1-800-MEDICARE 24 hours 7 days a week

## Mohegan Sun Casino Trip

Friday, December 13th

**You must bring your ID or the casino will not give you play money or food voucher.**

The bus will be leaving at 9:30 am sharp from the Blooming Grove Senior Center. We will not be able to wait for anyone. If you miss the bus you lose your money. Money refunded only if we can fill you seat. We will be arriving back at Blooming Grove between 5:00 & 5:30 pm. To guarantee a seat on the bus, payment in full is due as soon as possible.



\$30.00 per person for this you will receive transportation,  
\$25.00 casino play money  
and  
\$5.00 food voucher.

For reservations, please pay and sign up with Lana at Blooming Grove Senior Center.

Checks are payable to Pike County AAA

570-775-5550 x 1317

## Coming Soon



## for Arthritis

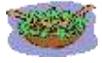
Check Newsletters for what Centers and Dates

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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>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!</p>				<p><b>1</b> Turkey Noodle Soup Chili Burger on Bun Rotini &amp; Mixed Vegetables Fresh Fruit</p> 
<p><b>4</b> Tomato Orzo Soup Pasta Bolognese (meaty tomato sauce) Broccoli/Cauliflower Medley Italian Bread Vanilla Pudding</p>	<p><b>5</b> V-8 Juice Ham &amp; Cheese Omelet Salsa Home Fries Blueberry Muffin</p>	<p><b>6</b> Cucumber Salad Roast Beef/Gravy Buttered Noodles Green Beans Wheat Bread Apple Sauce</p>	<p><b>7</b> Orange Juice Corned Beef &amp; Cabbage Boiled Potatoes &amp; Carrots Rye Bread Pistachio Pudding</p> 	<p><b>8</b> Asian Slaw Teriyaki Meatballs Rice Stir Fried Vegetables Roll Mandarin Oranges</p> 
<p><b>11</b> <b>CLOSED VETERANS DAY</b></p>	<p><b>12</b> Three Bean Salad Beef Stroganoff Egg Noodles Brussel Sprouts Wheat Bread Fresh Fruit</p>	<p><b>13</b> Corn &amp; Black Bean Salsa BBQ Chicken Orzo with Vegetables Spinach Wheat Bread Ambrosia</p>	<p><b>14</b> Red Cabbage Slaw Vegetable Lasagna Peas Dinner Roll Fresh Fruit</p> 	<p><b>15</b> Cranberry Juice Stuffed Cabbage Mashed Potatoes Corn &amp; Peppers Rye Bread Ice Cream</p> 
<p><b>18</b> Mandarin Salad Sweet &amp; Sour Chicken Rice Stir Fried Vegetables Dinner Roll Pineapples</p>	<p><b>19</b> Lentil Soup Tuna Salad on Hoagie Roll L/T/O Macaroni Salad Cookies</p>	<p><b>20</b> Split Pea Soup Crax Swedish Meatballs Rotini Peas &amp; Onions Rye Bread Fruit Cocktail</p>	<p><b>21</b> Red Pepper Squash Soup Roast Turkey Mashed Potatoes Gravy Brussel Sprouts Dinner Roll Pumpkin Pie</p> 	<p><b>22</b> Tossed Salad Alaskan Pollock Rice Medley Mixed Vegetables Wheat Bread Fruited Jell-O</p> 
<p><b>25</b> Orange Juice Chili Con Carne Rice Mexicali Corn Corn Muffin Fresh Fruit</p>	<p><b>26</b> Tossed Salad Stuffed Shells Tomato Sauce Italian Green Beans Italian Bread Banana Cake</p>	<p><b>27</b> Cole Slaw Hot Dogs/Bun Baked Beans 1/2 Baked Potato Jell-O</p>	<p><b>28</b> <b>CLOSED THANKS GIVING</b></p>	<p><b>29</b> <b>CLOSED THANKS GIVING</b></p>

**Seniors Are Our First Priority**

**November**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cards Arts & Crafts
4 Medical Transport	5 Arts & Crafts Wii Bowling  <i>Bigger Shopping Dingmans/Shohola  Computer Class</i>	6 Cards Dominoes, Rummikube  <i>Bigger Shopping Mil/Mat</i>	7 Bingo Wii Bowling  Blood Pressure  <i>Bigger Shopping Promised Land</i>	8 Cards Arts & Crafts
<b>11 ALL CENTERS CLOSED FOR VETERANS DAY</b>	12 Arts & Crafts Tai Chi 10:30 Wii Bowling	13 Cards Dominoes, Rummikube	14 Wii Bowling	15 Cards Arts & Crafts
18 Medical Transport  <i>Advisory Board @ 12:00</i>	19 Arts & Crafts Tai Chi 10:30 Wii Bowling  VA Rep @ 9:30  <i>Computer Class  Emergency Preparedness @ 12:00</i>	20 Cards Dominoes, Rummikube	21 Bingo Wii Bowling  <i>~Red, White &amp; Blue Thanksgiving~  ~Birthday Celebration~  ~Flu Shots 10-12~  ~VIP (Victims Intervention)~  ~Blood Pressure~</i>	22 Cards Arts & Crafts
25 Medical Transport  <i>Monday's Angels Alzheimer's Support @ 2:30</i>	26 Arts & Crafts Tai Chi 10:30 Wii Bowling  <i>Computer Class</i>	27 Cards Dominoes, Rummikube	28  <i>Centers closed For Thanksgiving</i>	29  <i>Centers Closed For Thanksgiving</i>

**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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Bingo, Cards & Games Lunch 
4 Closed Medical Transport	5 CLOSED	6 Cards, Games Lunch ~AARP Club~	7 CLOSED	8 Bingo, Cards & Games Lunch Exercise, Line Dancing & Meditation with Lana @ 12:30 <b>Blood Pressure</b> 
11 Closed <b>Veterans Day</b>	12 CLOSED	13 Cards, Games Lunch ~Diabetes Clinic 10:30-11:30~	14 CLOSED	15 Bingo, Cards & Games Lunch Exercise, Line Dancing & Meditation with Lana @ Noon <b>Flu Shots 10-12</b> 
18 Closed Medical Transport	19 CLOSED	20 Cards, Games Lunch ~Golden Age Club~ ~Blind Assoc. Support~	21 CLOSED	22 Bingo, Cards & Games Lunch <b>Emergency Preparedness @ 12:00</b> ~Birthday Celebration~ ~Victims Intervention (VIP)~ 
25 Closed Medical Transport	26 CLOSED	27 Cards, Games Lunch	28 CLOSED Thanks Giving	29 <b>CLOSED FOR THANKSGIVING</b>



**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

November

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

Watch for upcoming details about  
 the Senior Seminar on December 4th

- 11/6-Exercise with Lana 12:00-2:00
- 11/6-Blood Pressure Screening
- 11/6-VIP (Victims Intervention Program)
- 11/6-Emergency Preparedness @ 11:00
- 11/13-Water Aerobics with Darcie 12:30-1:30
- 11/20-Yoga with Lori 12:30-1:30
- 11/27-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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Come learn how to write your memoir at our Lackawaxen Center, Wednesday, November 6th 10:30 to 11:30 Please bring a notebook and pen.</p>				1 CLOSED
4 Cards & Games Exercise Lunch	5 CLOSED	6 Cards & Games Exercise Lunch <b>Bob-Chi @ 10:30</b> <b>Memoir Writing @ 10:30</b>	7 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 	8 CLOSED
11 <b>ALL CENTERS CLOSED VETERANS DAY</b>	12 CLOSED	13 Cards & Games Exercise Lunch <b>Blood Pressure</b>	14 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 <b>VIP (Victims Intervent</b>  <b>Blood Pressure</b>	15 CLOSED
18 Cards & Games Exercise Lunch	19 CLOSED	20 Cards & Games Exercise Lunch <b>Emergency Preparedness @ 12:00</b>	21 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 	22 CLOSED
25 Cards & Games Exercise Lunch	26 CLOSED	27 Cards & Games Exercise Lunch <b>Birthday Celebration</b>	28 <b>CLOSED FOR THANKSGIVING</b>	29 CLOSED

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Bingo, Cards & Games Lunch 
4 Closed Medical Transport	5 Cards, Games Lunch <b>~Yoga w/Lori @ 10:30 ~</b>	6 Closed	7 Closed	8 Bingo, Cards & Games Lunch 
11 <b>CLOSED VETERANS DAY</b>	12 Cards, Games Lunch <b>~Flu Shots 10-12~</b> <b>~(VIP) Victims Intervention~</b> <b>~Emergency Preparedness 11:30~</b>	13 Closed	14 Closed	15 Bingo, Cards & Games Lunch 
18 Closed Medical Transport	19 Cards, Games Lunch <b>~Yoga w/Lori @ 10:30 ~</b> <b>~Blood Pressure~</b>	20 Closed	21 Closed	22 Bingo, Cards & Games Lunch 
25 Closed Medical Transport	26 Cards, Games Lunch <b>~Celebrate Birthdays~</b>	27 Closed	28 Closed	29 <b>CLOSED FOR THANKSGIVING</b>



A good time was had by all at our Costa's and Frontier Falls Mini Golf Tournaments held in September



February birthdays  
Linda & Erma



July birthday celebrants  
Arnold & Bob



## EVENTS and PROGRAMS

### **KNIGHTS OF COLUMBUS**

Will host a free ROAST TURKEY dinner at **ST. JOHN NEMANN PARISH HALL** on **Sunday, November 3rd**  
**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.

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

St. Ann's Church, 121 Richardson Ave Shohola, PA 570-832-4275 – ALL WELCOME starting November 11<sup>th</sup>, every 2<sup>nd</sup> Sunday of every month 2pm -4pm dinner is being served downstairs in Mulligan Hall.

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](http://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](http://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**



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.

### **Community Lunch**

**Especially for Seniors (but all are welcome!)  
 Thursday, November 14th  
 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](http://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](mailto:kdantuono@pikepa.org), and get your newsletter sent right to your email address for **FREE**—Save time and money!

[www.pikeaaa.org](http://www.pikeaaa.org)

### Where to Find Information About the Medicare Plans Available in your County:

- \* Medicare & You 2019 Handbook
- \* [www.medicare.gov](http://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. Skibber - email: [rlodolce@pikepa.org](mailto: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](http://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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