

January 2020

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ENTREES AT A GLANCE

Milk served with all meals

- 1/1-All Centers Closed
- 1/2-Roast Beef
- 1/3-Hot Dog (s)
- 1/6-Alaskan Pollock
- 1/7-Ham, Macaroni & Cheese Bake
- 1/8-Chef Salad
- 1/9-Sausage, Pepper & Onion Hoagie
- 1/10-Roast Turkey
- 1/13-French Toast
- 1/14-Stuffed Cabbage
- 1/15-Lemon Chicken Breast
- 1/16-Chili Burger on a Bun
- 1/17-Vegetable Lasagna
- 1/20-All Centers Closed MLK Day
- 1/21-Teriyaki Meatballs
- 1/22-Meatloaf
- 1/23-Chicken & Vegetable Stew
- 1/24-Chicken Cordon Bleu
- 1/27-Herbed Chicken Breast
- 1/28-Potato Crunch Fish
- 1/29-Beef Stroganoff
- 1/30-Pasta Bolognese

SALAD BAR-Thurs & Fri



Pike County Area Agency on Aging

Looking back on 2019



PJ Day



Puzzle Contest



Halloween



Easter Egg Fun



Picnic Games



Valentines



Meals On Wheels

Happy New Year!!!



Let's celebrate our accomplishments and reflect on this past year. It is healthy to journal they say. All of the motivational and inspirational folks say journaling is healthy. Each day I now put down my "gratitude" from the last day or so, or when the temptation strikes me. Actually, it is quite astonishing how easy it has become to jot down people, wonderful interactions, and moments of wonder. I learned a long time ago, holding grudges does nothing for you, but make you angry, resentful, and sad. Who wins? The other person.....always. Don't let that happen, cherish each and every day. They are gifts, that's why they are called the "present".

A requirement of this time of year is also our half way report for the Department of Aging or "FRRB" report will be due shortly. Our fiscal year is 1/2 over and we see how the waiting list and services can be managed with the existing funds. We are fortunate to have the Pennsylvania Lottery for services for folks 60+ in the county. Trouble is, the need has been out pacing the Lottery revenue received. Hence, a wait list for personal care, home modifications, and other in home services. (See below the cost of services)

1st quarter 2019 2020

	Total Cost per quarter	Units Delivered	Cost per Unit Delivered
Home Delivered Meals	\$68,587.00	5868 meals	\$11.69
Congregate Meal	\$27,320.00	2085 meals	\$13.10
Socialization/Recreation	\$19,620.00	1505 activities	\$13.04
Personal Care	\$45,518.00	2266 Hours	\$20.09
Protective Services	\$62,907.00	93 cases	\$676.42
Waiver Service Coordination	\$40,022.00	86 consumers	\$465.37
PERS Units	\$3,838.00	160 Unit	\$23.99
Environmental Modification	\$11,675.00	1 Home	\$11,675.00

As the New Year approaches we are reaching out to the community for their generosity and commitment to our home bound seniors. You may be receiving a letter in the near future to request this monetary support. Please share this with your neighbor, your children or other people who may be able to support this Agency.

Our goal in 2020 is to eliminate the Wait List and help folks when they need it and not after waiting for months and or having the misfortune of having to go to a long term care facility or ER unnecessarily.

2019 was eventful year with many staff changes and additions. We now have a full Protective Services Team with two investigators, supervisor and aging case aide. Protecting older adults and reducing risk and harm is the mission of this team. The Elder Justice Task Force relationships have enabled the team to respond quicker, stop the financial "faucet" quicker for those being exploited, and obtain emergency services and transports quicker. Still needed: more home health aides and Agencies that can support the huge need of our community for at-home care and supports. There is a crisis right now in the direct care worker industry.

I fear with the impending new facilities opening up, the scarcity of workers will just increase. I do look forward to new care facilities opening and allowing our folks to stay in Pike County and their families the ability to visit often, something that is particularly difficult when loved ones are placed in outer lying counties.

Stay tuned for our caregiver carnival coming up this spring. It promises to provide fun, education, and activities for families and their caregivers.





for Arthritis

Come join us as we begin Tai-Chi for Arthritis in Blooming Grove and Matamoras.

Classes will be taught by a trained instructor.

Thursday, January 16th at 11:00 am
in Blooming Grove

Do your body a favor and come learn this new exercise to help with your ailments.

Wednesday, January 15th at
10:30 am in Matamoras

Hope to see you there!

Info from the **APPRISE** Program

Mark your calendars with these important dates for those on Medicare:

January 1, 2020: New coverage begins if you made changes to Part D Prescription Drug Plan OR Medicare Advantage Plan.

If you kept existing coverage, any changes in your plan's cost or benefits will begin now.

January 1-March 31, 2020: If you are in a Medicare Advantage Plan you can change to a different Medicare Advantage Plan or switch back to Original Medicare (and join a stand-alone Medicare Prescription Drug Plan)

Call Chris 570 775 – 5550 x 1313 with questions



Donation Coupon

Please make your donation payable to: **Pike County Area Agency on Aging (PCAAA)**

Mail to: **Pike County Area Agency on Aging, 150 Pike County Blvd., Hawley, PA 18428**

Name: _____ Amt of Donation: \$ _____

Address: _____

Zip: _____

May we print your name as a donor? YES NO

THANK YOU FOR YOUR GENEROSITY



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** 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 your 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.



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 style="text-align: center;">Donate</p>		<p>1</p>	<p>2</p> <p>Tossed Salad Roast Beef Gravy & Mashed Potatoes Succotash Dinner Roll Ice Cream</p>	<p>3</p> <p>Split Pea Soup Hot Dog (s) Bun Baked Beans Beets Fruit Cocktail</p>
<p>6</p> <p>Tossed Salad Alaskan Pollock Rice Medley Mixed Vegetables Wheat Bread Mandarin Oranges</p>	<p>7</p> <p>Cole Slaw Ham & Macaroni & Cheese Bake Spinach Wheat Bread Fruited Jell-O</p>	<p>8</p> <p>Squash Soup Chef Salad w/Ham & Turkey L/T/O Potato Salad Dinner Roll Apple Crisp</p>	<p>9</p> <p>Tomato Orzo Soup Sausage, Peppers & Onions on a Hoagie Potatoes O'Brian Cookies</p>	<p>10</p> <p>Cranberry Juice Roast Turkey Mashed Potatoes Gravy Peas & Onions Dinner Roll Fresh Fruit</p>
<p>13</p> <p>V-8 Juice French Toast with Apple Compote Syrup Sausage Patties Blueberry Muffin</p>	<p>14</p> <p>Orange Juice Stuffed Cabbage Mashed Potatoes Corn Rye Bread Fresh Fruit</p>	<p>15</p> <p>Beef Barley Soup Lemon Chicken Breast Rice Pilaf Carrots Wheat Bread Fruit Cocktail</p>	<p>16</p> <p>Three Bean Salad Chili Burger on a Bun Pasta/Vegetable Toss Ambrosia</p>	<p>17</p> <p>Tossed Salad Vegetable Lasagna Carrots Italian Bread Vanilla Pudding</p>
<p>20</p>	<p>21</p> <p>Mandarin Salad Teriyaki Meatballs Stir Fried Vegetables Rice Rye Bread Fresh Fruit</p>	<p>22</p> <p>Broccoli & Chick Pea Salad Meatloaf Red Potatoes String Beans Rye Bread Pears</p>	<p>23</p> <p>Beets & Onions Chicken & Vegetable Stew on Biscuit Mashed Potatoes Mixed Vegetables Ice Cream</p>	<p>24</p> <p>Chicken Noodle Soup Chicken Cordon Bleu Roasted New Potatoes Creamed Spinach</p>
<p>27</p> <p>Lentil Soup Herbed Chicken Breast Orzo & Vegetables Wheat Bread Fresh Fruit</p>	<p>28</p> <p>Red Cabbage Salad Potato Crunch Fish Filet Rice Pilaf Pacific Medley Rye Bread Chocolate Cake</p>	<p>29</p> <p>Tossed Salad Beef Stroganoff Egg Noodles Brussel Sprouts Wheat Bread Cooked Apples/Cinnamon</p>	<p>30</p> <p>Apple Juice Pasta Bolognese (meaty tomato sauce) Broccoli/Cauliflower Medley Italian Bread Fruited Jell-O</p>	<p>31</p> <p>Southwest Corn Chowder Tuna Salad on Hoagie Roll L/T/O Macaroni Salad Cookies</p>

Seniors Are Our First Priority

January

2020 Blooming Grove Activities 8 am-4 pm 570-775-5550

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please note that Bingo now starts at 10:00 am</p>		<p>1</p> 	<p>2 Bingo @ 10 am Wii Bowling</p> <p style="text-align: center;">~Blood Pressure~</p>	<p>3 Cards Arts & Crafts</p>
<p>6 Medical Transport</p>	<p>7 Arts & Crafts Wii Bowling</p> <p style="text-align: center;"><i>Bigger Shopping Dingmans/Shohola</i></p>	<p>8 Cards Dominoes, Rummikube</p> <p style="text-align: center;"><i>Bigger Shopping Mil/Mat</i></p>	<p>9 Bingo @ 10 am Wii Bowling</p> <p style="text-align: center;"><i>Bigger Shopping Promised Land</i></p>	<p>10 Cards Arts & Crafts</p>
<p>13 Medical Transport</p> <p style="text-align: center;"><i>Monday's Angels Alzheimer's Support @ 1:30</i></p>	<p>14 Arts & Crafts Tai Chi 10:30 Wii Bowling</p> <p style="text-align: center;"><i>Belated Christmas Party/Gift Exchange</i></p>	<p>15 Cards Dominoes, Rummikube</p>	<p>16 Bingo @ 10 am Wii Bowling</p> <p style="text-align: center;">~Blood Pressure~ ~VIP (Victims Intervention)~ ~Tai-Chi for Arthritis @ 11~</p>	<p>17 Cards Arts & Crafts</p>
<p>20</p> 	<p>21 Arts & Crafts Tai Chi 10:30 Wii Bowling</p> <p style="text-align: center;">~VA Rep @ 9:30~</p>	<p>22 Cards Dominoes, Rummikube</p>	<p>23 Bingo @ 10 am Wii Bowling</p> <p style="text-align: center;"><i>Wear your PJ's Day</i></p>	<p>24 Cards Arts & Crafts</p>
<p>27 Medical Transport</p> <p style="text-align: center;"><i>Monday's Angels Alzheimer's Support @ 2:30</i></p>	<p>28 Arts & Crafts Tai Chi 10:30 Wii Bowling</p>	<p>29 Cards Dominoes, Rummikube</p>	<p>30 Bingo @ 10 am Wii Bowling</p> <p style="text-align: center;">~Birthday Celebration~</p>	<p>31 Cards Arts & Crafts</p>

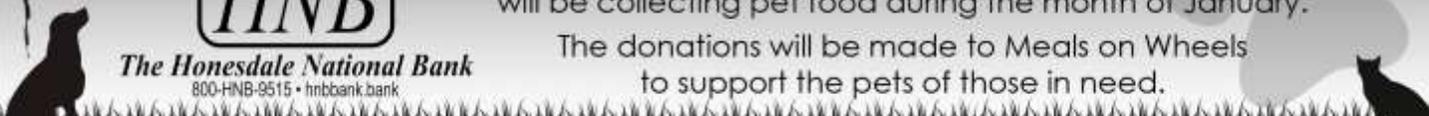
Come Join Us for an introduction to Tai-Chi for Arthritis on Wednesday, January 15 at the Matamoras Center at 10:30 AM. This class will be taught by a **Certified** instructor





The Honesdale National Bank
800-HNB-9515 • hnb.bank

HNB's Lake Wallenpaupack and Lackawaxen offices will be collecting pet food during the month of January. The donations will be made to Meals on Wheels to support the pets of those in need.



Member FDIC

January 2020 Eastern Pike Center @ Matamoras 9am-2pm 570-832-1929

Monday	Tuesday	Wednesday	Thursday	Friday
		1 	2 CLOSED	3 Bingo, Cards & Games Lunch 
6 Closed Medical Transport	7 CLOSED	8 Cards, Games Lunch ~Diabetes Clinic 10:30-11:30~	9 CLOSED	10 Bingo, Cards & Games Lunch Exercise, Line Dancing & Meditation with Lana @ Noon 
13 Closed Medical Transport	14 CLOSED	15 Cards, Games Lunch ~Blind Assoc. Support~ ~Tai-Chi for Arthritis @ 10:30~	16 CLOSED	17 Bingo, Cards & Games Lunch Exercise, Line Dancing & Meditation with Lana @ Noon 
20 Closed 	21 CLOSED	22 Cards, Games Lunch ~Golden Age Club~	23 CLOSED	24 Bingo, Cards & Games Lunch Exercise, Line Dancing & Meditation with Lana @ Noon ~Wear Your PJ's~ ~VIP~ 
27 Closed Medical Transport	28 CLOSED	29 Cards, Games Lunch	30	31 Bingo, Cards & Games Lunch Exercise, Line Dancing & Meditation with Lana @ Noon ~Birthday Celebration~ 



January

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

1/8-Water Aerobics with Darcie 12:30-1:30
 1/8-VIP (Victims Intervention)
 1/22-Exercise with Michelle
 1/22-**Wear your PJ's Day**
 1/29-Exercise with Lana

Price: \$2.50

All registration through Pike County
 Area Agency on Aging only

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

Please call 570-775-5550

CENTER WITHOUT WALLS
 WEDNESDAYS AT SAW CREEK ESTATES

January 2020 Lackawaxen/Shohola Township 9 am-2 pm 570-685-7808

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 2020 HAPPY NEW YEAR	2 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 	3 CLOSED
6 Cards & Games Exercise Lunch	7 CLOSED	8 Cards & Games Exercise Lunch Bob-Chi @ 10:30	9 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 	10 CLOSED
13 Cards & Games Exercise Lunch	14 CLOSED	15 Cards & Games Exercise Lunch	16 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 Blood Pressure 	17 CLOSED
20 MARTIN LUTHER KING DAY	21	22 Cards & Games Exercise Lunch	23 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 	24 CLOSED
27 Cards & Games Exercise Lunch	28 CLOSED	29 Cards & Games Exercise Lunch	30 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 Birthday Celebration 	31 CLOSED

January 2020 Dingmans Center 9am-2pm 570-828-7812

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Closed	2 Closed	3 Bingo, Cards & Games Lunch 
6 Closed <i>Medical Transport</i>	7 Cards, Games Lunch	8 Closed	9 Closed	10 Bingo, Cards & Games Lunch 
13 Closed <i>Medical Transport</i>	14 Cards, Games Lunch	15 Closed	16 Closed	17 Bingo, Cards & Games Lunch 
20 MARTIN LUTHER KING DAY	21 Cards, Games Lunch	22 Closed	23 Closed	24 Bingo, Cards & Games Lunch 
27 Closed <i>Medical Transport</i>	28 Cards, Games Lunch ~Celebrate Birthdays~	29 Closed	30 Closed	31 Bingo, Cards & Games Lunch 



Fun Times at Pike County Aging



EVENTS and PROGRAMS

KNIGHTS OF COLUMBUS

Free dinner at **ST. JOHN NEMANN PARISH HALL** on Sunday, January 5th
705 Route 739, Lords Valley
2:00 PM-4:00 PM.

All are welcome. If you plan to attend please call 775-0681 or 775-9826. Please leave your name, telephone number and number of people attending when making reservations.

The Care Cabin, Growing Lackawaxen
169 Urban Rd, Hawley 570-685-2273
4th Saturday of the month 10am to 2pm
Proof of residency required.
Declaration of need form to be filled out.

Faith Christian Outreach Center
104 Red Shale Rd, Lords Valley 570-226-4658
Application to be filled out the first time
Every 4th Monday 2pm to 6pm

The Food Pantry Program at the Church at Hemlock Farms will be open Friday, January 24th and Friday, February 21st
4:00 PM to 6:30 PM
Registration is a **MUST** prior to distribution.
Please register by calling 570-775-6787

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

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

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



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

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 guidelines
Photo ID & verification of address is required

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, January 9th
11:30-12:30
Buffet closed at 12:30
Dining Hall open until 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

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. Skibber - email: rskibber@pikepa.org

Protective Services & Options Supervisor - Robin Soares - email: rsoares@pikepa.org

Waiver Supervisor – Joan Edel - email: jedel@pikepa.org

Nutrition Site Managers - Cherie Bland, Pam Capps, Jennifer Miller & David Zlasney

Activity & Program Director & Health & Wellness Coordinator - Lana Romeo-email: lromeo@pikepa.org

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 * Monica McVitie * *Mary Little* Joe Shevlin * Sue Siska * 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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