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STAY SAFE, STAY HOME, STAY HEALTHY

ENTREES AT A GLANCE

Milk served with all meals

- 5/1-Chicken Tenders
- 5/4-Egg Salad Sandwich
- 5/5-Chicken Fajitas
- 5/6-Penne ala Vodka
- 5/7-Pot Roast
- 5/8-Herbed Chicken Breast
- 5/11-Brats & Sauerkraut
- 5/12-Stuffed Shells
- 5/13-Sausage, onion & pepper Hoagie
- 5/14-Chicken Stew
- 5/15-Baked Fish
- 5/18-Chili Burger
- 5/19-Chicken Cordon Bleu
- 5/20-Turkey & Cheese on Rye
- 5/21-Baked Ham
- 5/22-Stuffed Pepper
- 5/25-CLOSED FOR MEMORIAL DAY
- 5/26-Sweet & Sour Chicken
- 5/27-BBQ Chicken
- 5/28-Ham & Cheese Sandwich
- 5/29-Hot Turkey & Mashed



No Salad Bar This Month

PHARMACIES THAT DELIVER

Medicine Shoppe
105 Wheatfield Dr
Milford 570-296-5138

Good Health Pharmacy
Dingmans Ferry
570-828-7494

Village Pharmacy
Lords Valley 570-775-9555



It's Zoom Time

It's Your Choice

You Have The Power



Based on the core values of appreciating one's own body and moving with other people, I have programs to promote greater mobility, self-confidence, physical awareness, social interaction together but apart, expressiveness in movement, and a greater sense of meaning.

My sessions include:

Warm-up

- Exercises for seated and standing participants
- Tai Chi for Arthritis
- Dance exercise

Cool-down

- At certain times we will be ending with a Meditation session

A Healthy Life starts with **YOU**. The Power is **Yours**.
 Take control Of Your Health.
MAKE A CHOICE-LIVE HEALTHY.
 Be Active, Eat Healthy and Live a better Life.
 You Are The Only One That Has The Power To Do This

Please join me in having fun and socializing with others in the convenience of your own home. Starting Wednesdays, May 13th 1:30 pm to 2:30 pm. You will need an e-mail to join us. Please contact kdantuono@pikepa.org or call 570-775-5550.

Things needed:

Stretch bands, or pantyhose or a towel. 1 pound weights or 2 cans of soup. A ball about 24 inches around or a firm pillow.

Your attire something you are comfortable in so you can move freely. Please no birthday suit.

Tell your friends to come join us. All of this being offered to you for the cost of Free!!!

That is correct, for Free.

Now what is your excuse for not living a healthier life and having fun doing it?

Please Zoom in we would love to see you or talk to you.

Lana

Nutrition Requirements: DRIs/DGAs Due to COVID-19 Emergency

The Dietary Reference Intakes (DRIs) and Dietary Guidelines for Americans (DGAs) help our seniors stay healthy. During emergencies/public health emergency such as COVID-19, maintaining nutrition requirements remain very important for older adults to help maximize their health and immune system. Adequate nutrition is essential for maintaining immune function. Nutrients, such as protein, the B vitamins, C, D and E as well as zinc, are important. These nutrients are found in enriched grain and whole grain products, fruit, vegetables, dairy, dairy alternates and protein products, such as meat. Older American’s Act (OAA) nutrition program participants have high rates of chronic disease, including heart disease, hypertension, diabetes, and obesity. These chronic health conditions place an older adult at greater risk for infection and disease and makes them more susceptible to COVID19 and its complications.

Overall, these conditions are better managed by consuming lower sodium, lower saturated fat, and lower added sugar foods as much as possible. The high rate of chronic health conditions as well as food insecurity as a basic social determinant of health means that OAA program participants are a particularly high risk, vulnerable population that need healthy food to prevent unnecessary health emergencies and hospitalizations.

..... *The COVID19 emergency is not a sprint, but a marathon and local nutrition service providers may need to adjust service provision methods and operations to deal with increasing demands, social distancing constraints, fewer employees and volunteers, confusion over requirements, and exhaustive work schedules.....*

The National Resource Center on Nutrition and Aging

We here at Pike AAA would like thank the robust support of the community for our nutrition program. From our Sponsor a Senior fundraiser to the municipalities stepping up to help raise funds, deliver food and supplies to residents, and all kinds of people reaching out to make masks, donate their time and energy delivering meals and pantry supplies. We are in this for the long haul to help and support our older residents and look forward to the days when we can exhale maybe. We will continue to share with you the most up-to-date information we have available. Check out the COVID 19 task force initiatives at www.Greaterpike.org



We have transitioned our nutrition services to two different caterers in an effort to provide the best possible nutrition support during this pandemic.



Thank you to both

Our Senior centers may be closed, but our exercise programs have gone techno, check how you can get “connected” to Lana’s Zoom classes starting this month. Don’t forget to mail in your ballot. Pennsylvania has moved the primary election date to June and allowing mail in ballots. Call 570-296-3427 for specific information regarding your township or ballots.

Census 2020 is seeking participation. It is extremely easy by computer, or you can mail in the form.

We all need to be counted. Many of our programs including the Aging Block Grant, the Family Caregiver funds, and of course education and parks and recreation to name of few of the types of program dollars are all based on allocations and population.

LASTLY please support our local programs by filling out our Four Year Plan Survey that is included in your information if you receive Home Delivered Meals.

We can mail you a copy as well. Just Call.
Your opinion matters.



Paying Utilities

PA Public Utility Commission Chairman signed an emergency order prohibiting electric, natural gas, water, wastewater, telecommunication and steam utility terminations by utilities that are under the PUC's jurisdiction to remain in place for as long as the Proclamation of Disaster related to the Coronavirus is in effect.

Contact your service provider for possible emergency assistance programs.

Unemployment and Workers' Compensation

If you are unable to work because of COVID-19, you may be eligible for Unemployment Compensation benefits.

Trouble Paying Credit Cards

Contact your lender if you are struggling to make payments. Regulatory agencies have encouraged financial institutions to work with customers impacted by COVID-19, visit Consumer Financial Protection Bureau or contact a credit counselor near you.

Trouble Paying Your Mortgage or Rent

If you cannot cover your mortgage payment or rent contact your lender or landlord immediately. For mortgage information visit the Consumer Financial Protection Bureau or find a housing counselor near you. For rental assistance visit the US Department of Housing and Urban Development. For current eviction information visit: AG Shapiro to Landlords: Pennsylvanians Cannot Be Evicted During State Emergency.

Short Term and Emergency Loans

Consider your options before taking out a high cost short-term loan. Confirm the lender is licensed with DOBS and borrow only what you can afford to pay back.

VIRTUAL FAMILY COUNCIL for families/friends of people with loved ones living in long term care facilities in the Commonwealth

Quality of Life = Preservation of Life

Join the Office of the Long-Term Care Ombudsman for virtual family council meetings. These meetings will be hosted via ZOOM and available to anyone with a family member or friend residing in any long-term care facility in the Commonwealth. The meetings are free, and you are welcome to attend all meetings or just a few meetings.



Each meeting will offer some informational updates regarding the Covid19 situation and resources available. Conversation and questions will be welcome following that segment and will be moderated by representatives of the Ombudsman office.

Meeting dates: May 5 & 19; June 2, 16 & 30; July 14 & 28: Time: 4:30 – 5:30

To obtain connection information: email jarotz@pa.gov and indicate Virtual Family Council in the subject line or visit our Facebook page: PA Long-Term Care Virtual Family Council.

Locally, the Ombudsman Program is provided through Serving Seniors, Inc.

For specific questions, please contact Ombudsman Linda or Bernadette at 570-344-7190 or by Email at lombudsman@epix.net

SERVING SENIORS INC. is looking for Volunteers for a New Project **“OPERATION REACH OUT”**

We cannot forget about our long term care residents psycho-social well being.

Can you think of a better way to keep up the residents' spirits then to have them receive an uplifting letter, card and/or child's drawing!

We are looking for community volunteers to support this project!

**Please contact our Volunteer Coordinator at 570-344-3931 ext.4. Or email at servsen@epix.net
Please call or email for additional information and details**



SCAMS

Unfortunately, major events often result in new scams and COVID-19 has created new opportunities for scammers to target Pennsylvanians. It is now more important than ever to protect your personal information and be on the lookout for potential scams.

Recent scams include:

- Calls or emails asking for individuals to provide personal information in order to receive their COVID relief check
- Phone calls stating there is an issue with your social security benefits and/or they may be canceled if you do not act right away

- Letters sent through the U.S. Mail threatening suspension of Social Security benefits due to COVID-19 or coronavirus-related office closures

-

Phone calls, text messages or even at home visitors offering COVID-19 tests and/or unapproved treatments

The best defense is to say NO if anyone contacts you and asks for your Social Security number, bank account number, credit card information, Medicare ID number, driver's license number or any other personally identifiable information by phone, in person, by text message, or email.

For Questions or to Report Scams visit:

[Federal Trade Commission](#)[Opens In A New Window](#)

[PA Office of State Inspector General](#)

[PA Department of Banking and Securities](#)

VOTING

Changes have been made to Pennsylvania's primary voting timeline in order to ensure all Pennsylvanians are able to vote safely during the COVID-19 emergency.

Important Dates

June 2, 2020, is the new date for PA's primary election, originally scheduled for April 28.

May 18, 2020, is now the last day to register to vote. Also, you can now register to vote online.

May 26, 2020, is now the last day to apply for a mail-in or civilian absentee ballot. You can learn more about mail-in and absentee ballots online.

June 2, 2020, is now the last day mail-in and civilian absentee ballots can be received.

The cut-off time, 8 P.M., remains the same.

Visit Votes.pa for more general information about voting and upcoming elections.



Due to the COVID -19 crisis, the Pike County Commissioners have extended the deadline for the 2% discount period on county taxes to August 31, 2020. They have also waived any fee or penalty otherwise associated with the late payment of county taxes if those taxes are paid in full by December 31, 2020.

All municipalities in Pike County have extended their deadlines for taxes. Please call your local tax office for further information.

Please remember if you need meals they can be picked up at the
Blooming Grove Senior Center
Monday through Friday or
Lackawaxen Senior Center on Wednesdays.
Please call ahead to 570-775-5550

May

2020

Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Please remember if you receive home delivered meals the suggested donation is \$3 per meal, per person. Thank you for your generosity!				1 Chicken Tenders Roasted Potatoes Peas
4 Soup Egg Salad Sandwich w/ Lettuce & Tomato Potato Salad Pudding	Cinco de Mayo Fajitas (chicken, peppers & onions) Tortilla Corn & Black Bean Salsa	6 Broccoli Chick Pea Salad Penne ala Vodka Green Beans Granola Bar	7 Cranberry Juice Pot Roast Roasted Potatoes Carrots Cookies	8 Cole Slaw Herbed Chicken Breast Rice & Vegetable Medley Fruit Cocktail
11 Orange Juice Brats & Sauerkraut Mashed Potatoes Succotash Rye Bread Ice Cream	12 Tossed Salad Stuffed Shells Vegetables Italian Bread Fresh Fruit	13 Tortellini Salad Sausage, onions & peppers Hoagie Home Fried Potatoes Peaches	14 Cranberry Juice Chicken Stew & Vegetables Roll Mandarin Oranges	15 Three Bean Salad Baked Fish Orzp Vegetables Pudding
18 Tossed Salad Chili Burger Bun Roasted Potatoes Peas & Carrots Pears	19 Cranberry Juice Chicken Cordon Bleu Rice & Vegetable Medley Pudding	20 Split Pea Soup Turkey & Cheese on Rye Lettuce & Tomato Pasta Salad Cookies	21 Red Cabbage Slaw Baked Ham Scalloped Potatoes Brussel Sprouts Fruited Jell-O	22 Grape Juice Stuffed Pepper Mashed Potatoes Fresh Fruit
25 	26 Mandarin Salad Sweet & Sour Chicken Rice & Vegetables Pineapples	27 Tossed Salad BBQ Chicken Baked Potato Carrots Chocolate Cake	28 Italian Wedding Soup Ham & Cheese Sandwich Pasta Salad Fresh Fruit	29 Beets & Onions Hot Turkey Mashed Potatoes Gravy Peas Cookies

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

Seniors Are Our First Priority

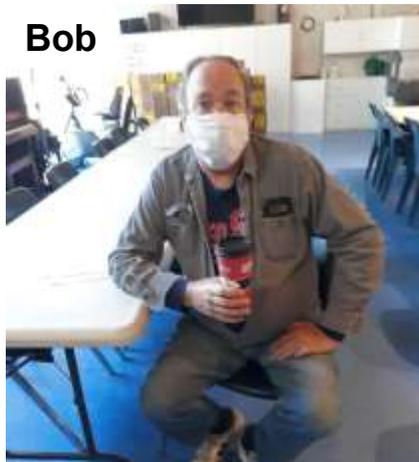
THANKS FOR BEING A SUPER VOLUNTEER!



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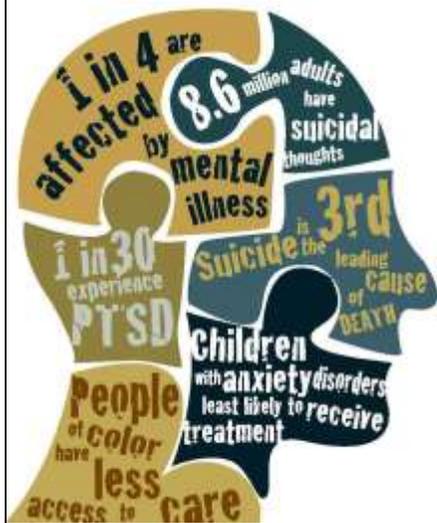


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It is okay to not be okay.
 You are not alone.
 It is okay to ask for help.
 Help is near.
 It is okay to help others.



Join the GREEN LIGHT CAMPAIGN
 by lighting your space or wearing green
 May 4 –10, 2020

Sponsored by:
 Carbon Monroe Pike System of Care
 and
 Carbon Monroe Pike
 Mental Health and Developmental Services
 1-800-338-6467
<http://www/cmpmhs.org/>



"Thank you so much for all your hard work and support during this difficult time. Your humility, kindness, and strength are greatly appreciated. Thank you for being **our nation's guiding light** in the face of this adversity."



SENIOR FARMER'S MARKET NUTRITION Program

Farmer's Market Food Vouchers

As of now, no decision has been made in regard to distribution of Farmer's Market Vouchers.

Please check our website at
www.pikeaaa.org
 or
 Facebook page
 Pike County Area Agency on Aging
 Or
 June newsletter

CORONAVIRUS (COVID-19) WHEN TO SEEK CARE

Please follow the guidelines below when considering whether or not to seek medical care if you're experiencing symptoms similar to symptoms associated with COVID-19.

STAY HOME

If you are worried, but well, **please stay home.**

Going to a hospital or doctor's office when well adds a higher number of people and can overwhelm medical staff.

CALL FOR ADVICE

If you are sick and think you have been **exposed** to COVID-19 **call** your health care provider or 1-877-PA-HEALTH to discuss your exposure.

SEEK CARE

If you are sick and feel you have an **emergency**, call your health care provider or seek medical care.

Please **call** your provider's office or hospital **before** you go, especially if you're symptomatic.

FOR MORE INFORMATION AND UPDATES, VISIT: HEALTH.PA.GOV

Created: 3/12/2020

Wayne Memorial Lab Services on Route 739 in Lords Valley is opened Monday through Friday 7:30 am to 3:00. Call 570-775-4278 for any questions.

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PROGRAMS

Bushkill Outreach
168 Lehman Park Rd
Bushkill, Pa 18324
570-588-0660



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.

The Food Pantry Program at the Church at Hemlock Farms will be open
The 3rd Monday of the month 5/18/2020
4:00 PM to 6:30 PM
Registration is a **MUST** prior to distribution.
Please register by calling 570-775-6787

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

Pike County Food Pantry
Dreher Township Building
(formerly at Moravian Church)
899 Main St. Newfoundland, Pa
570-676-4066 Serves Greene Twnsp.
3rd Thursday of the month 12pm—2pm

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

Lakeville Pantry
Paupack Township Building
25 Daniels Rd
Lakeville, PA 18438
570-226-3115
4th Tuesday of the month 5/26 11:00—2:00

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 \$5.95.

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

 **Ecumenical Food Pantry**
321 5th St., Milford
570-618-1568
Fridays: 6:30-7:30
Eligibility is based on income
Photo ID & verification of address

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.

Pike County Transportation
Providing transports to pantries for month of May during COVID –19 quarantine

Call or register at
570-296-3408
Www.PikePa.org
Click on transportation link

Pike County Area Agency on Aging Four Year Plan Survey 2020-2024

WHAT'S ON YOUR MIND (check one answer for each question.)

- | | VERY MUCH | A LITTLE BIT | NOT AT ALL |
|---|------------------|---------------------|-------------------|
| 1. How important is healthy aging to me! | a _____ | b _____ | c _____ |
| 2. How important is being able to afford long term care to me? (this includes Health and home care) | a _____ | b _____ | c _____ |
| 3. How important is it to be able to stay in my home safely? | a _____ | b _____ | c _____ |
| 4. How important is it to find an affordable place to live if I have to move? | a _____ | b _____ | c _____ |
| 5. How important is concern for the cost of my health care? | a _____ | b _____ | c _____ |
| 6. How important is concern about paying bills, taxes utilities, groceries, etc? | a _____ | b _____ | c _____ |
| 7. How important is having transportation available to me? | a _____ | b _____ | c _____ |
| 8. How important are programs on frauds and scams for older adults? | a _____ | b _____ | c _____ |
| 9. Do you have difficulty obtaining needed services? | _____ YES | _____ NO | |

How do you learn about new programs, services and activities for Pennsylvania's older individuals and Persons with disabilities? Check all that apply

- | | | | |
|--|----------------------|------------------------------------|-----------------------------------|
| ___ Newspaper | ___ Church Bulletins | ___ Newsletters | ___ E-mail |
| ___ Radio | ___ Senior Centers | ___ Television | ___ Doctors/Health Care Providers |
| ___ Internet | ___ Word of Mouth | ___ County Social Services Offices | |
| ___ Pike County Aging & Disability Resource-LINK | | ___ Other (Specify) _____ | |

Please tell us about other concerns or comments you may have and what you plan to do about them?

Kindly return this survey to your Senior Center or Pike County Area Agency on Aging,
 150 Pike County Blvd., Hawley, PA 18428 by May 15, 2020.
 Any questions, call us at : 570-775-5550.

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 & Karen Dosch

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* 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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