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**STAY SAFE, STAY HOME,
STAY HEALTHY**

ENTREES AT A GLANCE

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

- 6/1-Pierogies
- 6/2-Meat Lasagna
- 6/3-Chef Salad
- 6/4-Herbed Chicken Breast
- 6/5-Chicken Tenders
- 6/8-Beef Tenders/gravy
- 6/9-Pasta, Ham & Cheese Bake
- 6/10-Hot Dog (S) on Bun
- 6/11-Italian Meatballs
- 6/12-Meatloaf
- 6/15-Corned Beef, Cabbage, Potatoes & Carrots
- 6/16-Chicken Stew on Biscuit
- 6/17-Swedish Meatballs
- 6/18-Crunchy Fish Sticks
- 6/19-Pasta Bolognese
- 6/22- Stuffed Chicken Breast
- 6/23-Sloppy Joe/Bun
- 6/24-Pork & Sauerkraut
- 6/25-Chicken Stir Fry
- 6/26-Chicken Salad/Roll
- 6/29-BBQ Chicken
- 6/30-Chili Con Carne

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

SENIOR FARMER'S MARKET NUTRITION Program



Vouchers will be distributed by mail this year

**Application on page 3
and
Www.pikeaaa.org**

Each eligible senior may receive (4) four \$6.00 SFMNP checks for a total benefit of \$24.00 **ONE** time during the program year.

2020 household income eligibility is:

1 person \$23,606 2 people \$31,894 3 people \$40,182

Applications may be filled out on line and emailed to
kdantuono@pikepa.org

If you fill out an application on line, a script font must be used for your signature.

If you are mailing your application, please send it to (PCAAA) Pike County Area Agency on Aging, 150 Pike County Blvd., Hawley, PA 18428

Once we receive your application in the mail, we will mail the vouchers to you. We will only be able to mail them one time. Please make sure all your information is legible so that we may send it to the correct address.

Vouchers can only be used to purchase fruits and vegetables grown in the state of Pennsylvania. They cannot be used for any prepared products.

Vouchers can only be used at Farmer's Markets. They cannot be used at grocery stores.

Once you have signed your vouchers, anyone may redeem them.

Please do not lose them, they are like cash and cannot be replaced.

Vouchers do not have any cash value, if you do not use the entire \$6.00, you will not be given any change.

Before you begin to shop, please check that your vouchers will be accepted.

All applications must be returned by September 30th
All vouchers must be redeemed by November 30th

Summer is here and we are “yellow”
What does that mean?

We are all trying our best to stay positive and look forward to the days of “normalcy” returning. Whatever that may look like. I have spoken to many of you who are doing anything and everything to stay busy. I applaud your perseverance. The warmer weather is definitely helping us be able to open a window or door to hear birds, or crickets or anything besides the news droning on and on. I am sorry, but a little goes a long way with “updates” and sometimes can become down right depressing. I like Governor Cuomo, as I hear him more than anyone due to our Cable company’s love of New York stations ■ but also the almost daily appearances from Governor Wolf and Governor Murphy.

Yes, living in the tri-state area makes us unique. Makes us not only neighbors to these states, but business partners, health-care partners, and yes, emergency services partners when pandemics occur. I realize that the majority of people working with me are from these places, have family there, and are still alarmed by what has occurred in the past three months. We have evidently “flattened the curve” as we are now yellow and can move ahead. That does not mean many changes here at Pike AAA. Our Care managers, assessors, service coordinators, protective services workers, and their supervisors are all still remote workers. We miss them, Kathy, Carl and I do. Our Senior Centers are still closed, but we are doing more “take out or pick -up” meals. Just call in the morning at Blooming Grove (570-775-5550). We can talk on the phone, we can provide you with information and hopefully resources if you need them. We just can’t see you, not yet.

As you see the Farmer’s Market Nutrition Program is back, with a change in distribution. This, of course, is due to our current situation of social distancing and maintaining safety of those, at-risk senior consumers. We appreciate your patience with the new process and promise to do our best to get the voucher’s to you with the applicable forms included (see page 3)

The Pennsylvania Department of Aging recently received 3 million dollars to support Aging Disability Resource Centers for assistance during the Pandemic..

Some of the uses of the funds will go for:

Care Transition Services: Assist those most at risk of COVID-19 who are seeking transitional support from hospital or nursing home to a home setting.

Food Order and Delivery: Collaborate with local grocery stores, restaurants and/or online/mobile food order and delivery services to provide delivered groceries and food. **Assistive Technology:** Help older adults, individuals with disabilities, caregivers and care providers learn how to use telehealth technologies to provide and receive needed services. The Department will partner with the Assistive Technology Act program to provide assistive technology assessments, devices and training. **Reduce Social Isolation,** and PPE distribution to name a few.

Learn more about the various programs offered by the Pennsylvania Department of Aging
www.Aging.Pa.gov The PA Link helpline, 1-800-753-8827



(Although we are not having our Annual Elder Abuse Task Force Event, we are going to share “mini-sessions” throughout the year as this is a very serious problem in Pike County and all of Pennsylvania.)

Elder Abuse Prevention Prevent elder abuse. June 15th is World Elder Abuse Prevention Day

Elder abuse is a significant public health problem. Each year, hundreds of thousands of adults over the age of 60 are abused, neglected, or financially exploited. Elder abuse, including neglect and exploitation, is experienced by 1 out of every 10 people, ages 60 and older, who live at home. This statistic is likely an underestimate because many victims are unable or afraid to disclose or report the violence.

If someone you know is a victim of abuse, neglect, exploitation, or abandonment, call 1-800-533-8911



**COMMONWEALTH OF PENNSYLVANIA
DEPARTMENT OF AGRICULTURE
SENIOR FARMERS' MARKET NUTRITION PROGRAM**

2020 Application Form

To qualify you must be 60 or older (or turn 60 by 12/31/2020) and meet the household income guidelines.

RIGHTS AND RESPONSIBILITIES

I certify that the information I have provided below for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law.

Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP.

By signing this, I acknowledge that my total household income is within the Income guidelines: \$23,606 for 1 person in the household; or \$31,894 for 2 people in the household and that I am 60 years old or older (or will turn 60 by December 31, 2020).

1st Participant Name (print): _____ **Birth date** _____
(Person checks are for)

(Signature)

2nd Participant Name (print): _____ **Birth Date** _____
(Person checks are for)

(Signature)

Address (print): _____

Telephone Number: _____ **County you live in** _____

Please circle the most appropriate identifier for each:

Ethnicity: Hispanic or Latino Not Hispanic or Latino

Race: American Indian or Alaskan Native Asian Black or African American
 Native Hawaiian or other Pacific Islander White

If more responses are received than funding allows you will be notified by mail.

**Please mail or email your completed form before September 30, 2020 to:
Pike County Area Agency on Aging, 150 Pike County Blvd., Hawley, PA 18428
or email to: kdantuono@pikepa.org**

Wayne Memorial Hospital Opens COVID Testing Site in Pike County

Wayne Memorial Hospital opened a COVID-19 testing site at the Pike County Training Center off Route 739.

Wayne Memorial Laboratory Services will offer both COVID-19 and respiratory panel tests **by prescription only**. The new testing site was initiated by Wayne Memorial Health System (WMHS), along with Pike County's Emergency Management officials and commissioners.

"The Pike County Commissioners commend the collaborative effort of Wayne Memorial Health System and our Office of Emergency Management to bring this important service to local citizens," said Pike County Commissioner and WMHS Board Member Ronald Schmalzle. "Increased testing capacity is key to keeping our community safe as we proactively address the challenges presented by COVID-19."

The site, at 135 Pike County Boulevard, Hawley, will be open Monday-Wednesday- Friday from 8:00 am to 4:00 pm.

The Wayne County site will now be open Tuesday-Thursday-Saturday, also from 8:00 am to 4:00 pm, with staff alternating between the two counties throughout the week.

Testing is available only to those who meet certain criteria, including symptoms of COVID-19 or exposure to an infected person or an area of significant outbreak.

For more information about Wayne Memorial's coronavirus activities, visit wmh.org/covid-19-novel-coronavirus or the hospital's Facebook page. For information on the virus itself, visit cdc.gov/coronavirus.



It's ZoomTime

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.

Wednesdays 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

June

2020

Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Tossed Salad Pierogis (3) Peas & Carrots Wheat Bread Vanilla Pudding	2 Cranberry Juice Meat Lasagna Italian Green Beans Italian Bread Pears	3 Minestrone Soup Chef Salad (Ham, Cheese & L/T/O) Dinner Roll Cookies	4 Carrot Salad Herbed Chicken Breast Spanish Rice Corn Bread Fruit Cocktail	5 Apple Juice Chicken Tenders Roasted Potatoes Broccoli/ Cauliflower Mix Wheat Bread Fresh Fruit
8 Grape Juice Beef Tenders/Gravy Rice Brussel Sprouts Roll Peaches	9 Mixed Greens Pasta, Ham & Cheese Bake Spinach Rye Bread Fresh Fruit	10 Cole Slaw Hot Dogs (2) Bun Baked Beans Potato Salad Chocolate Pudding	11 Tomato Spinach Orzo Soup Italian Meatballs Pasta Marina Sauce Green Beans Bread Jell-O	12 Cucumber Salad Meatloaf Mashed Potatoes Gravy Brussel Sprouts Rye Bread Cookies
15 Squash Soup Corned Beef & Cabbage Potatoes Carrots Rye Bread Ice Cream	16 Beets & Onions Chicken Stew on a Biscuit with Vegetables Apple Sauce	17 Tossed Salad Swedish Meatballs Mashed Potatoes Succotash Wheat Bread Ambrosia	18 Waldorf Salad Crunchy Fish Sticks Potato Wedges Corn Tartar Sauce Fresh Fruit	19 Cranberry Juice Pasta Bolognese Broccoli Italian Bread Melon Slice
22 Red Cabbage Slaw Stuffed Chicken Breast Rice Medley Vegetable Peaches	23 Southwest Corn Chowder/Crax Sloppy Joe Bun Corn & Red Peppers Pasta Salad Cookies	24 Three Bean Salad Pork & Sauerkraut Mashed Potatoes Lima Beans Bread Fresh Fruit	25 Mandarin Salad Chicken Stir Fry Vegetables Rice Roll Mandarin Oranges	26 Split Pea Soup Chicken Salad Roll Lettuce & Tomatoes Potato Salad Pudding
29 Tossed Salad BBQ Chicken Home Fried Potatoes and Onions Red Beans Bread Fresh Fruit	30 Orange Juice Chili Con Carne Rice Carrots Corn Bread Pears	<p>Please remember if you receive home delivered meals the suggested donation is \$3 per meal, per person.</p> <p>Thank you for your generosity!</p> 		

Seniors Are Our First Priority

THANKS FOR BEING A

Mary and Catherine



SUPER VOLUNTEER!

Joe



PEEC
Pocono Environmental Education Center

PROGRAMS

Loaves to Fishes Food Pantry
Paupack Methodist Church, Route 507
570-857-1141 Serves Palmyra Twp.
1st Friday of month 9:30 — 11:00

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

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

Lakeville Pantry
Paupack Township Building
25 Daniels Rd
Lakeville, PA 18438
570-226-3115
4th Tuesday of the month 6/23 11:00—2:00

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

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

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

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



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.

Bushkill Outreach
168 Lehman Park Rd
Bushkill, Pa 18324
570-588-0660
Tues—Thurs 9am to noon

Blooming Grove Food Pantry
St. John Newman/Good Shepherd Church
705 Route 739, Lords Valley
570-775-6867 or 570-775-6791
3rd Thursday of month

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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