

INSIDE THIS ISSUE

- Page 2-Director's Desk
- Page 3- Take out Dinner, Rent Assistance
- Page 4- Farmer's Market Voucher Guidelines, Scam Info, SHARE
- Page 5- Voucher Application
- Page 6-Intern Demonstration Info
- Page 7- Menu
- Page 8 -Intern Presentation Info
- Page 9-Thursdays Exercise at Lackawaxen
- Page 10- Center Activities
- Page 11- Food Pantry Info
- Page 12 -Contact Us & Other Info



STAY SAFE, STAY HEALTHY & WEAR A MASK

ENTREES AT A GLANCE

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

- 8/3-Pork & Sauerkraut
- 8/4-BBQ Chicken
- 8/5-Fish Sticks
- 8/6- Stuffed Chicken Breast
- 8/7-PICNIC at Promised Land Park
- 8/10-Ham Steak
- 8/11-Pasta Bolognese
- 8/12-Chili Con Carne
- 8/13-Meat Lasagna
- 8/14-Sausage, Peppers & Onions Hoagie
- 8/17-Turkey Tetrazzini
- 8/18-Salisbury Steak
- 8/19-Pierogis
- 8/20-Chef Salad
- 8/21-Stuffed Shells w/Sauce
- 8/24-Chicken Tenders
- 8/25-Stuffed Cabbage
- 8/26-Herbed Cod
- 8/27-Swedish Meatballs
- 8/28-Chicken Parmigiana
- 8/31-Herb Roasted Chicken Thigh

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

Annual Picnic

Friday, August 7th

Promised Land State Park

10:00 AM

\$3.00 (exact change only please)

Picnic Food

Swimming

Games

Fun

Entertainment

Must register call 570-775-5550



Farmer's Market Nutrition Vouchers

accepted at
Hills Homestead stand.

657 Route 739,

Lords Valley PA 18428

Thursday, Friday, Saturday & Sunday

11:00 am to 6:00 pm



Come on out to meet our Marywood Dietetic Interns
David Frable and Dana James

They will be giving presentations and demonstrations
throughout the month of August

Wednesday, August 19th in Lackawaxen 12:00 - 12:30
Hypertension and Your Diet 101

Thursday, August 20th in Blooming Grove 12:00 - 12:30
Opportunity in Your Cupboards

Wednesday, August 26th in Lackawaxen 12:00 - 12:30
Opportunity in Your Cupboards

Thursday, August 27th in Blooming Grove 12:00 - 12:30
Hypertension & Your Diet 101

Look inside for details about our ZOOM
game to be held on Tuesday,
August 25th



Happy Summer Time!

Tick Task Force

The Pike County Tick Borne Disease Task Force is focused on decreasing the number of tick-borne accounts by building community awareness through education, support, and advocacy.

Meetings

Fourth Thursday of Each Month (unless otherwise indicated)
10:00 a.m.
Pike County Administration Building,
506 Broad Street,
Milford, PA

The Pike County Tick Borne Illness taskforce works with testing for ticks at East Stroudsburg University Wildlife DNA Laboratory www.esu.edu/academics/departments/biology/ddlab
Lyme Aid Kit - www.lymeaidkit.com

We are in the midst of quite a heat wave and what feels like a drought. The garden is unquenchable this time of year. With people staying home much, much, more than usual, some “beat the heat” tips are in order: **Stay in shade or cool area, stay hydrated, and do not**

over exert yourself. If there are the following signs of heat stroke: Confusion, altered mental status, slurred speech, loss of consciousness (coma),

hot, dry skin or profuse sweating, seizures, very high body temperature

Do the following * **Remove unnecessary clothing, including shoes and socks.** ***Cool yourself or loved one with cold compresses or have the worker wash head, face, and neck with cold water.**

Encourage frequent sips of cool water. Seek medical help if condition worsens. Contact the AAA office for assistance with cooling issues in your home.

We are doing our picnic this year and hope to see many of our folks who have not been out in awhile. The usual fun and games will be available and sure to brighten your day. Call for reservations asap as we need to plan for this in advance.

We will be practicing social distancing and CDC regulations for handling this picnic including sanitizing and safe food service.

Please welcome our summer nutrition interns. They are tasked with providing nutrition services “distanced” so look for some contact via phone and ZOOM. Check out the dates of their events.

If you have a nutrition related question, we are also playing “Stump the student” where they will research your nutrition-related concern and provide the current scientific data about your concern.

With Summer, please be careful in your outdoor activities with regards to pests including ticks. (see below and on left).



TICK BORNE DISEASES (TBD) SUPPORT GROUP
MEETS
SECOND SATURDAY OF EACH MONTH
10:30 AM - 12:00 PM
at
PIKE COUNTY PUBLIC LIBRARY
118 HANFORD ST.
MILFORD, PA 18337

For Additional Info, Phone the Hotline # 870-509-6334
Our Support Group is for People with Tick Borne Diseases and Their Families
- Share Experiences and Coping Strategies - Gain Positive Attitudes to Better Health
- Guest Speakers
Please Join Us



The Knights of Columbus Council 12571 of St. John Neumann Church, Lords Valley offers **A TAKE OUT DINNER (reservations required)** Aug 2nd Meatloaf Dinner at St. John Neumann Church in Lords Valley 1:30—3:00 and Chicken Shish Kebab at St Ann's Church in Shohola on Aug 9th 1:30—3:00

St. John's 570-775-6791
Angelo 570-775-2755

**Takeout
Dinner**

St. Ann's 570-832-4275
Frank 347-446-9636 Text

Donations welcome but not necessary

NEED HELP WITH RENT OR MORTGAGE PAYMENTS?

Pike County may be able to help!

There are several rental assistance programs for residents of Pike County who have fallen behind in payments due to the COVID-19 pandemic

Eviction proceedings may begin after August 31st according to state law

For more information call 570-832-3196

Household income must be below 100% of the area median	
People in Household	Max Income
1	\$55,437
2	\$63,312
3	\$71,250
4	\$79,125
5	\$85,550
6	\$91,812



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

SENIOR FARMER'S MARKET NUTRITION Program



Vouchers will be distributed by mail this year application on page 5 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 (PCAA)
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



**SENIOR
SCAM**

Anyone who receives a suspicious phone call can
report it to the U.S. Senate
Committee on Aging's Fraud Hotline at
1-855-303-9470.

Once a call is identified as a scam, it is important to report it immediately.

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
Monroe County Lauren Buccine 570-832-0538



FCC Changes Contact Number for National Suicide Prevention Lifeline

The Federal Communications Commission adopted rules July 16 to establish 988 as the new, nationwide, 3-digit phone number for Americans in crisis to connect with suicide prevention and mental health crisis counselors. The rules require all phone service providers to direct all 988 calls to the existing National Suicide Prevention Lifeline by July 16, 2022.

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

kdantuono@pikepa.org

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.



The Opportunity in Your Cupboards
A Food Demo Hosted by:
David Frable
Dietetic Intern of Marywood University



There may be concerns about the use and effects of canned food items on your health. Some may turn to what is left in our cabinets only as an emergency, but canned fruits and veggies can be a very good source of nutrients, just as good as fresh foods in most cases.

Among older adults, higher fruit and veggie intake protects against high blood pressure, heart disease, and stroke. Research also suggests that higher fruit and veggie intakes help against fighting of several kinds of cancer for both men and women. It's also not just calcium that is crucial with better bone health as diets that include many fruits and veggies also have other nutrients that can also stop bone loss in both males and females.

The health impact of a diet rich in fruits and veggies is largely positive as it also connected with less mental decline and lower rates of falls/walking disability. Eating more veggies can also lead to better muscle strength. This means a smaller chance of falls which will lead to less visits to hospitals and reduced risk of injury.

Come in person or join the ZOOM call to see a quick cooking demo to bring out the potential in the foods we so often forget about. We'll use a few canned food items to create a couple sides to add to your meal plan which will increase your fruit and vegetable intake during the day. Keeping your fruit and veggie intake high is important for your overall health and energy levels.

Presentation dates:

Blooming Grove – Thursday, Aug 20th - 12pm-12:30pm

ZOOM Call – Tuesday, Aug 25th – 1:30pm-2:30pm

Lackawaxen – Wednesday, Aug 26th - 12pm-12:30pm



August

2020

Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cranberry Juice Pork & Sauerkraut Mashed Potatoes Corn Rye Bread Mandarin Oranges	4 Coleslaw BBQ Chicken Home Fried Potatoes Beets Fresh Fruit	5 Tossed Salad Fish Sticks Potato Cuts Corn Dinner Roll Pudding	6 Corn & Black Bean Salsa Stuffed Chicken Breast Scalloped Potatoes Peas & Carrots Jell-O	7 CENTERS CLOSED Picnic At Promised Land State Park
10 Minestrone Soup Ham Steak Potatoes Peas Roll Fruit Cocktail	11 Three Bean Salad Pasta Bolognese Green Beans Italian Bread Ice Cream	12 Orange Juice Chili Con Carne Rice Carrots Corn Bread Pears	13 Tomato Orzo & Spinach Soup Meat Lasagna Zucchini Italian Bread Cookies	14 Orange Juice Sausage, Peppers & Onions Hoagie Potatoes O'Brien Fresh Fruit
17 V-8 Juice Turkey Tetrazzini Vegetables Wheat Bread Apple Sauce	18 Cole Slaw Salisbury Steak Mashed Potatoes & Gravy Carrots Dinner Roll Chocolate Cake	19 Chick Pea & Broccoli Salad Pierogis Succotash Rye Bread Peaches	20 Beef Barley Soup Chef Salad (Turkey, Cheese, L, T, & O) Crackers Fresh Fruit	21 Tossed Salad Stuffed Shells w/ Tomato Sauce Broccoli Italian Bread Pears
24 Mandarin Salad Chicken Tenders Potatoes O'Brien Bean Medley Roll Pudding	25 Orange Juice Stuffed Cabbage Mashed Potatoes Corn Rye Bread Ice Cream	26 Red Cabbage Slaw Herbed Cod Rice Medley Vegetables Wheat bread Fresh Fruit	27 Tossed Salad Swedish Meatballs Mashed Potatoes Brussel Sprouts Roll Banana Cake	28 Chicken Noodle Soup Chick Parm Pasta Green Beans Italian Bread Pineapples
31 Waldorf Salad Herb Roasted Chicken Thigh Potatoes Carrots Italian Bread Citrus Salad	 Please remember if you receive home delivered meals, there is a suggested donation of \$3.00 per meal, per person. Thank you for your generosity		 Agape Food Pantry 300 Avenue H Matamoras, PA diagonal from United Methodist Church Every Tuesday 5:00 pm – 6:00pm 845-772-0218	

Seniors Are Our First Priority



Hypertension and Your Diet 101 Healthy Eating for a Strong Heart Beating

Hosted By: Dana James, Marywood University Dietetic Intern

Keeping the heart in good condition is important to maintaining a healthy life. This session is aimed to promote awareness about high blood pressure and incorporate education about food do's and don'ts and how to add heart-healthy foods into your diet.

What causes high blood pressure? **LOTS** of things! Smoking, obesity, too much salt in the diet, high alcohol consumption, stress, older age, and lack of physical activity just to name a few.

Desirable blood pressure readings will be discussed

Your Diet Plays a HUGE Role in the Prevention and Management of Hypertension

Please join me in this educational, yet fun presentation geared toward **YOU** and **YOUR** health.

WHEN: Wednesday, August 19th in Lackawaxen
Thursday, August 27th August in Blooming Grove

TIME: 12pm-12:30pm

WMH Closing Pike COVID Testing Site

The COVID-19 testing site at the Pike County Training Center in Lords Valley operated by Wayne Memorial Hospital will officially shut down. Its last day will be Thursday, July 30th. The hospital's alternate site at the Wayne County Fairgrounds in Honesdale will move from three days a week to five days a week.

The Pike Center was initially opened at the request of the Pike County Commissioners, who said, "We are grateful to Wayne Memorial Health System for having provided this important service to the people of Pike County during a much needed time. Local COVID-19 testing sites remain available at Dingmans Medical Center and Wal-Mart (as well as the Wayne County Fairgrounds). We are also grateful to Pike County residents and businesses who are continuing to practice proper health guidelines to help prevent the virus."

Wayne Memorial Hospital requires a prescription for all COVID-19 tests. Wayne Memorial Laboratory Services offers analysis at the hospital and through an outside service, LabCorp. Testing is available from 8am – 4pm Monday – Friday at the Fairgrounds on Route 191 North. For more information, visit www.wmh.org.



We have a new caller.

Come meet Diana.

Join us for Bingo on **Thursdays in Lackawaxen at 10:30.**

Pam hopes to see you there



Coutt's Blueberry Farm
184 Gumbletown Rd
Paupack PA
570-226-9702



They accept vouchers

Anxiety or stress during COVID-19 is normal



Spend
time in
nature



Take deep
breaths



Be gentle
with yourself
and others

Blooming Grove Senior Center
150 Pike County Blvd., Hawley PA 18428

WE ARE OPEN!

RESERVATIONS REQUIRED 48 HOURS IN ADVANCE
570-775-5550
Monday through Friday
8 am to 4 pm

INDOOR AND OUTDOOR SEATING AVAILABLE!

Bob-Chi Tuesdays @ 10:30 am

Lunch served at 11:30 am

\$2.00 donation Exact change REQUIRED



*****Thursday 8/20 Presentation by David @ 12*****

*****Thursday 8/27 Presentation by Dana @ 12*****

Lackawaxen/Shohola Senior Center

Lackawaxen Fire Dept.
Beisel Beck Rd & Rte 590
Lackawaxen PA 18435



RESERVATIONS REQUIRED 48 HOURS IN ADVANCE
570-775-5550
Wednesdays & Thursdays 9:00 am to 2:00 pm

*****Wednesday, August 5th Bob-Chi*****

***** Wednesday, August 19th Presentation by Dana @ 12*****

*****Wednesday, August 26th Presentation by David @ 12*****



Lunch served at 11:45 am
Exercise Wednesdays @ 10:30 to 11:30
Bingo Thursdays @ 10:30

\$2.00 donation Exact change REQUIRED



DINGMANS CENTER

American Legion 851
107 Ball Park Rd
Dingmans Ferry PA 18328

RESERVATIONS REQUIRED 48 Hours in advance
570-775-5550
Fridays 9:00 am to 2:00 pm

Lunch served at 12:00

\$2.00 donation

Exact change REQUIRED



NOTICE

**We're Practicing
Social Distancing**



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
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 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

Good News Good Cheer Food Pantry
St. Luke's Lutheran Church
Rt 590, Greeley PA 18425
570-226-3966

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**

Disclaimer: All information contained herein, is made available as an information service only. The information contained in this publication is not intended to replace official versions of that information. Although every reasonable effort is made to assure accuracy, the information presented without warranty, either expressed or implied, as to its accuracy, timeliness, or completeness.