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**STAY SAFE, STAY HEALTHY
 & WEAR A MASK**



Exercise & Line Dancing With Lana
 Every **Thursday @ 1:30**
 Please call us and give us your email address and we will send you the link every week.
 570-775-5550 or email:
 kdantuono@pikepa.org
*****PLEASE NOTE CHANGE IN DAY*****



I would like to introduce you to a new program. It is the Foster a Robotic Furry Companion Program. I would like you to meet Tizzie and Trudy.



Of course, if you decide to join this foster a furry companion program you can choose your own creative name for these cuties. This provides a safe and easy alternative for what you once had with your live furry companions. Once you bring one home you will immediately feel the emotional warmth and comfort they can give you. The Robotic Furry companion sitting on your lap, lying on your floor, wagging their tails, or the sound of their purr or bark can lift your spirits and create a feeling of joy that can increase as you spend more time with your new friend. This program is a foster program with the intent to adopt. There is no fee. What is needed is an expression of interest to myself at the contact information below and which companion you might be interested in a cat or a dog. Please contact me by March 31st if you are interested in this Spring Pilot Program. Looking forward to hearing from you and getting your thoughts on this program. (If you are interested in and are able to care for a live furry companion, please contact the Director of Pike County Humane Society 570-296-7654 or a Humane Society in your area).

Joan Marie Edel

ADRC Link Coordinator

Region 10 Monroe/Pike/Wayne Counties

150 Pike County Blvd., Hawley, PA 18428

570-775-5550 ext. 1304 jedel@pikepa.org

COOKING DEMO

One of our very own staff, Joanie Edel, has a passion for cooking and will be doing a Cooking Demonstration on Thursday, March 24th @ 11:45 in our Blooming Grove location. Come see why Joanie loves cooking. Do you know she is working on writing a cookbook with adapted recipes specifically for her food allergies?

Will also have demos @ Lackawaxen on March 10th, PMLE on March 22nd and Matamoras on March 30th

Call 570-775-5550 for reservations



March Greetings

March is Nutrition Month.

WHY THE MONTH OF MARCH?

The annual March for Meals celebration commemorates the historic day on March 22, 1972, when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. This year, Meals on Wheels programs from across the country are joining forces for the awareness campaign to celebrate 50 years of success and garner the support needed to ensure these critical programs can continue to address food insecurity and malnutrition, combat social isolation, enable independence, and improve health for years to come. If you have not informed your meal driver/volunteer of your needs, please do so by calling 570-775-5550 ext. 1303. . Thanks to the volunteers and site managers who make Nutrition “come alive” which was a slogan a few years ago, but it is fitting!!

1 Where and when was the first St. Paddy's Day parade in the United States?

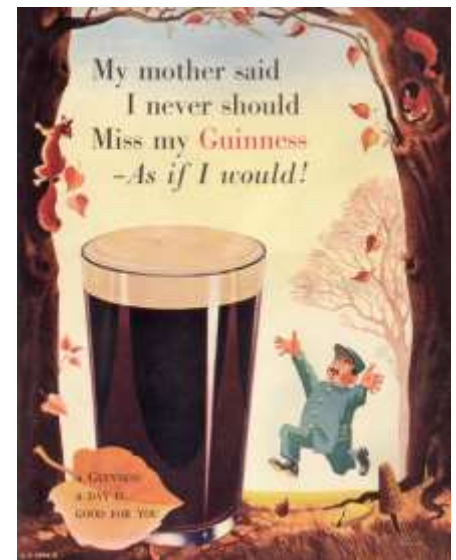
2 What are the odds of finding a four-leaf clover?

3 What does “Erin go bragh” mean?

4 What city dyes its river green every St. Patrick's Day?

As you might expect, St. Patrick's Day is a huge deal in his old stomping grounds.

It's a national holiday in both Ireland and Northern Ireland, but up until the 1970s, pubs were closed on that day.



We are looking forward to spring's arrival and doing some cooking demos and fun foodie activities at all of our centers. March is also Social Worker Appreciation month and I, for one, would like to say how proud I am of my staff. From the intake department and our person -centered counselors, to the care managers, assessors, protective service workers and of course Robin and Joan who keep the boat afloat.

Kudos to all.



WALK to CURE ARTHRITIS

Arthritis Foundation



The Arthritis Foundation has designed **Walk With Ease** to be a safe and fun recreational exercise program. The **Walk With Ease** program helps you develop a walking plan that meets your particular needs, helps you stay motivated, helps you manage your pain, and teaches you to exercise safely. Along with medications, rest, diet and relaxation techniques, regular exercise can help keep your joints in working order and may also prevent further joint damage.

Starting March 18, 2022 through April 22, 2022
A Six week program
Fridays 12:30 p.m. to 1:30 p.m.
Matamoras Senior Center, Matamoras Fire House
506 Avenue Q, Matamoras, PA 18336

Please RSVP as soon as possible by calling 570-775-5550.
Space is limited call today!
Contact: Lana, Health & Wellness Coordinator or Kathy.
Phone 570-775-5550 or 1-800-233-8911 Fax: 570-775-5558



KNIGHTS OF COLUMBUS

Council 12571



FOOD FOR FAMILIES & FRIENDS PROGRAM



TAKE OUT DINNERS

MUST CALL IN FOR RESERVATION

Bangers & Mash

(Irish sausage over mashed potatoes)



March 6 1:30-3:00

St. John's Parking Lot
705 Rt. 739 Lords Valley, PA

Corned Beef & Cabbage



March 13 1:30-3:00

St. Ann's Parking Lot
123 Richardson Ave. Shohola, PA

All are invited.

Donations are welcomed but not necessary

PLEASE CALL

St. John's 570-775-6791

Angelo- 570-775-2755

St. Ann's 570-832-4275

Frank -347-446-9636 or text

Sunday March 13th



**WHEN MARCH
COMES IN
LIKE A LION
IT GOES OUT
LIKE A LAMB.**



Answers to Robin's Questions

- #1 Boston in 1737**
- #2 1 in 10,000**
- #3 Ireland forever**
- #4 Chicago**



Sponsored by Pike County Area Agency on Aging
Top of the World Restaurant at Saw Creek Estates
148 Cambridge Ct, Bushkill PA 18324
WEDNESDAYS 9:30 am to 2:00 pm



9:30am Meet & Greet, Socializing, Tea and Coffee
11:30 to 12 noon Lunch; Light Menu

3/2—Exercise
3/9— Cards & Games
3/16— Cards & Games
3/23— Bingo
3/30—Birthday Celebration

All registration through
Pike County Area
Agency on Aging only.
Please call 570-775-5550

Suggested Lunch
Donation
\$2.50

CENTER WITHOUT WALLS
WEDNESDAYS AT SAW CREEK ESTATES

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



Sponsored by Pike County Area Agency on Aging
Pocono Mountain Lake Estates
Memorial Hall
2095 Milford Rd, Bushkill PA 18324
TUESDAYS 9:30 am to 2:00 pm



3/1- Bingo & Exercise
3/8- Cards & Games
3/15— Cards & Games
3/22- Cooking Demo
3/29 - Birthday Celebration

All Registration through
Pike County Area
Agency on Aging only.
PLEASE CALL 570-775-5550

*You do not need to be a resident of
Pocono Mountain Lake
Estates to participate*

Suggested Lunch
Donation
\$2.50

CENTER WITHOUT WALLS
Tuesdays At Pocono Mountain Lake Estates




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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CLOSED	2 Cards & Games Exercise Lunch @ 11:45	3 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00	4 CLOSED
7 CLOSED	8 CLOSED	9 Cards & Games Exercise Lunch @ 11:45	10 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 Cooking Demo	11 CLOSED
14 CLOSED	15 CLOSED	16 Cards & Games Exercise Lunch @ 11:45	17 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00	18 CLOSED
21 CLOSED	22 CLOSED	23 Cards & Games Exercise Lunch @ 11:45	24 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00	25 CLOSED
28 CLOSED	29 CLOSED	30 Cards & Games Exercise Lunch @ 11:45 Birthday Celebration	31 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 Birthday Celebration	



Eastern Pike Center @ Matamoras 9am-2pm 570-775-5550

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CLOSED	2 Cards Bingo Lunch	3 Closed	4 Bingo Lunch Exercise & Line Dancing
7 Closed	8 Closed	9 Cards Bingo Lunch	10 Closed	11 Bingo Lunch Exercise & Line Dancing
14 Closed	15 Closed	16 Cards Lunch \$50 Cash Bingo @ 10:00 	17 Closed	18 Bingo Lunch Exercise & Line Dancing
21 Closed	22 Closed	23 Cards Bingo Lunch Golden Age Club	24 Closed	25 Bingo Lunch Exercise & Line Dancing Birthday Celebration
28 Closed	29 Closed	30 Cards Bingo Lunch Cooking Demo	31 Closed	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Arts & Crafts	2 	3 Bingo	4 Cards Arts & Crafts
7 Medical Transport	8 Arts & Crafts <i>Bigger Shopping Shohola & Dingmans</i>	9  <i>Bigger Shopping Mil/Mat</i>	10 Bingo <i>Bigger Shopping Promised Land</i>	11 Cards Arts & Crafts
14 Medical Transport	15 Arts & Crafts	16 	17 Bingo <i>St. Patrick's Party</i>	18 Cards Arts & Crafts
21 Medical Transport	22 Arts & Crafts	23 	24 Bingo <i>Cooking Demo @ 11:45</i>	25 Cards Arts & Crafts
28 Medical Transport	29 Arts & Crafts	30 	31 Bingo <i>Birthday Celebration</i>	



Hat Day Participants at
Matamoras
PMLE
&
Saw Creek
senior centers





2022 Menu

Milk served with all meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Mardi Gras Party Salad Chicken & Sausage Gumbo Corn Hush Puppies Dessert	2 Carrot Raisin Salad Fish Cakes on Bun Tartar Sauce Potato Puffs Corn Pears	3 Cottage Cheese & Fruit Ham, Macaroni & Cheese Bake Peas & Onions Wheat Bread Mandarin Oranges	4 Cream of Broccoli Soup Baked Manicotti Sauce Italian Green Beans Italian Bread Fresh Fruit
7 Tossed Salad Meatloaf Mashed Potatoes Gravy Creamed Spinach Chocolate Cake	8 Split Pea Soup Chicken Caesar Salad (Romaine Lettuce, Chicken Strips & Croutons) Potato Salad Dinner Roll Ice Cream	9 Cabbage Soup Baked Turkey Ham Scalloped Potatoes Carrots Rye Bread Pudding	10 Beets & Onions Chili Burger on Bun Buttered Noodles Succotash Fresh Fruit	11 Cole Slaw BBQ Chicken Breast Orzo & Vegetable Medley Baked Beans Wheat Bread Peaches
14 Mandarin Salad Chicken Teriyaki Stir Fried Vegetables Wheat Bread Fruit Cocktail	15 Southwest Corn Chowder Hot Turkey with Gravy Mashed Potatoes Brussel Sprouts Rye Bread Fresh Fruit	16 Cranberry Juice Chicken Parmesan Pasta & Sauce Green Beans Wheat Bread Apple Sauce	17 Beef Barley Corned Beef & Cabbage Carrots & Potatoes Rye Bread Fruited Jell-O	18 Green Bean Salad Baked Fish Fillet Seasoned Rice Peas Dinner Roll Cake
21 Apple Juice Lemon Chicken Rice Medley Ratatouille Dinner Roll Fresh Fruit	22 Lentil Soup Sausage, Onions & Peppers Hoagie Potatoes O'Brien Prince Edward Isle Beans Ambrosia	23 Red Cabbage Slaw Swedish Meatballs Noodles Peas & Carrots Rye Bread Fruit Cocktail	24 Tossed Salad Chicken Cordon Bleu Rice Medley Zucchini Wheat Bread Pudding	25 Chick Pea & Broccoli Salad Tuna Noodle Casserole Corn & Red Peppers Dinner Roll Ice Cream
28 Black Bean Salsa Hot Dog (s) Bun Baked Beans Roasted Potatoes Pears	29 Orange Juice Beef Stroganoff Noodles Peas & Onions Rye Bread Citrus Salad	30 Minestrone Soup Stuffed Cabbage Roasted Potatoes Corn Wheat Bread Fresh Fruit	31 Turkey Noodle Soup Chef Salad (Turkey, Lettuce, Tomato, Cheese)	

Seniors Are Our First Priority

\$50

CASH BINGO

Eastern Pike
Center @ Matamoras
Matamoras Fire House
506 Avenue Q
Matamoras PA

starting @ 10:00 am SHARP

Wednesday, **March 16th.**

\$5.00 per card for all games
every 3rd Wednesday of the month

RESERVATIONS REQUIRED

Please call 570-775-5550



CHSS

Do you play Chess?
Would you like to play chess?

We are forming a chess group at
our Blooming Grove Center in
March

Please call 570-775-5550
Lana x 1317 if you have any questions.



Northeast Region Pike
County Group
Meets 2nd & 4th
Wednesdays

6:00 PM to 8:00 PM

Ryan's Deli

707 Route 739

For more information call 570-342-1047 or
info@naminepa.org



Help is available to those who meet certain income and resource limits in paying for Medicare premiums, deductibles, coinsurance, copayments, and prescription drug costs through Pennsylvania's Medicare cost-savings programs:

Extra Help

Extra Help helps pay for prescription costs, premiums, deductibles, and coinsurance of Medicare prescription drug coverage for qualified beneficiaries. It is also known as the Part D Low-Income Subsidy (LIS).

Medicare Savings Program (MSP)

Medicare Savings Program helps pay for Medicare premiums. In some cases, Medicare Savings Programs may also pay Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance) deductibles, coinsurance, and copayments if a beneficiary meets certain conditions.

A PA MEDI Counselor can help you determine your eligibility and apply for these Medicare cost-savings programs. Contact Christine Crossley, PA MEDI Local Coordinator, Diakon Community Services, 150 Pike County Blvd., Hawley, PA 18428 (570) 775 – 5550 Ext 1313 crossleyc@diakon.org

BETHE REASON SOMEONE smiles TODAY

PROGRAMS

Loaves to Fishes Food Pantry
Paupack Methodist Church, Route 507
570-857-1141 Serves Palmyra Twp.

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.

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

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**

Agape Food Pantry
300 Avenue H
Matamoras, PA
diagonal from United Methodist Church
Every Tuesday 5:00 pm – 6:00pm
845-772-0218

Growing Lackawaxen Care Cabin

169 Urban Rd, Hawley 570-685-2273
4th Saturday of the month 8 am to 11am
Proof of residency required.
Declaration of need form to be filled out.

Holy Trinity Lutheran Church Food Pantry

103 Delaware Crest, Dingmans Ferry
570-828-7411. Monday thru Friday 9 am-noon
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: 12 noon - 1:00 pm

Fridays: 6:30pm-7:30pm

Eligibility is based on income

Photo ID & verification of address required

Food Pantry

St. Ann's Catholic Church

125 Richardson Ave., Shohola, PA 18458

570-832-4275

Distribution 1st & 3rd Thursdays
9:30 am 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 Neumann/Good Shepherd Church

705 Route 739, Lords Valley

570-775-6791

3rd Thursday of month

Please do not bring children

WEAR A MASK

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 2021 Handbook
- * www.medicare.gov Call the PA MEDI Helpline 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

Aging Care Supervisor/PA LINK Coord. Monroe/Pike/Wayne – Joan Edel - email: jedel@pikepa.org

Nutrition Site Managers - Cherie Bland, Emily DeLeeuw, Galina Gristina & 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

Lackawaxen/Shohola Township Center-Lackawaxen Fire Dept., Beisel Beck Rd. & Rte. 590, Lackawaxen, PA 18435.

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

(Phone: 570-775-5550)

Wednesday and Friday 9 am to 2 pm

ELDER ABUSE REPORTING NUMBER 1-800-233-8911

Advisory Council

Chairperson: *Patricia Crane

* Vacant * Cordell Bowman * Jeanne Carlstedt

* Laura Guccini-Engle * Kathie Joseph * Leatrice Langer * Barbara Leary

* Monica McVitie * Mary Little * Sue Siska * Rita Tepperman * Lori VanSloot *

Pike County Commissioners * Matt Osterberg * Ronald Schmalzle * Tony Waldron

**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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