INSIDE THIS ISSUE

Page 2— Director's Desk

Page 3—Cholesterol & Heart Disease Infor-

mation, Easter Hat Contest, KOC Dinner

Page4-BINGOCIZE, Painting With Ruby,

Cash Bingo, Arts & Crafts with Eunice

Page 5—RSVP, SHARE information

Pages 6 –Menu

Pages 7 - Blooming Grove Activities

Page 8-Saw Creek & PMLE Activities

Page 9 – Lackawaxen & Matamoras

Activities

Page 10-Pictures

Page 11 Events & Programs

Page 12-Our Contact Information

Please remember to make reservations for lunch

We do not want to disappoint when there isn't enough for walk-ins

For Blooming Grove lunch Call 570-775-5550

For Lackawaxen Lunches Call 570-685-7808

For all other centers call 570-775-5550

Free Phone Program

Pike County AAA has several fully paid cellular phones available.

The phones are
Flip-Phones and have a fully paid
plan. The phones were acquired
with a grant and should more
funds become available we may
be able to extend the term past
the summer. They are on the
T-Mobile network and have been
tested to work very well in our
area.

Please contact our office for availability. 570-775-5550



WALK CURE RTHRITIS



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 help prevent further joint damage.

Starting April 21, 2023
Through
June 2, 2023
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

Diakon Community Services, a Lutheran social ministry organization, has an opening for a part-time Medicare insurance counselor through its Pike County PA MEDI program. PA MEDI (Medicare Education & Decision Insight) is a state-wide program that provides a no-cost, unbiased health insurance counseling to people with Medicare, or for those soon-to-be on Medicare. This position is 20 hours/week, includes health insurance, dental, and vision, 401-K with company match and tuition reimbursement. The office is located in Matamoras. If you are looking for a rewarding position helping others, you can apply online at **diakon.org** The PA MEDI program in Pike County is managed by Diakon Community Services under a contract with the Pike County Area Agency on Aging with funding by the PA Department of Aging.

April Greetings

Full tilt Spring approaching. We do love saying goodbye to heavy coats, boots, and gloves, don't we? Spring brings baseball, seedlings, daffodils, and new visitors to our bird feeders as the migration continues north for the song birds and water fowl. Another Spring visitor is the black bear. So cute, so hungry, and potentially dangerous. My composter got knocked down already by the hungry critters. Enjoy the wildlife of our beautiful surroundings, but remember these are wild animals and not meant to be fed by their human neighbors.

The budget hearings are all but finished in Harrisburg. The PA Lottery is strong per reports and we are glad to have this valuable funding source for our operations, contracts, and services to older Pike County residents.

April is when we showcase Earth Day. I am a believer that everyday should be Earth Day and we should value our surroundings and care for all of our natural resources. Yes, I have been called a tree hugger a few times. We are excited to be working with the Penn State Master Gardeners this Spring. We are planning on some sprucing up the shrubbery at the Agency and would love some donations of plantings, soil, hydration systems, and elbow grease. Sign up with us by calling or emailing me.

RSVP our Retired Senior and Volunteer Program will be holding their recognition event on April 28th at Lake Ladore in Waymart PA. We are excited to celebrate their accomplishments and honor their service to our older residents.

April is a very Holy month with many celebrations and recognition events. Passover, Easter Holiday, Orthodox Easter, on the 16th and Ramadan will end on Friday 21 April, with the celebratory days of Eid al-Fitr "Festival of Breaking the Fast" on Saturday 22 April or Sunday 23 April. Happy Holidays to all.







FACT

We all live downstream. Our water quality is directly affected by our upstream neighbors, and our choices will impact the water quality for our downstream neighbors.



WHAT CAN YOU DO

- Minimize impervious surfaces.
- Do not remove trees and other plants next to streams, lakes and wetlands.
- Plant native plants to absorb heavy rain falls.
- Direct rain gutters onto lawn or garden.

Pike County Conservation Office is available for more information on sustainable living

pikecd@pikepa.org

Our speaker this month will be talking about

Cholesterol and HEART DISEASE

Tuesday, April 11th @ PMLE @ 11:30 Thursday, April 13th @ Lackawaxen @ 11:30 Friday, April 14th @ Matamoras @ 12:00 Monday, April 17th @ Saw Creek @ 11:30 Thursday, April 20th @ Blooming Grove @ 12:00

EASTER



Wear your Easter best and enter our best decorated hat contest

Monday, April 10th @ Saw Creek Tuesday, April 11th @ PMLE Thursday, April 13th @ Lackawaxen Friday, April 14th @ Matamoras

There will be a prize for the best decorated hat

DONATE TODAY

The Senior Center is funded by the PA Lottery as well as funds from Title III.

The Pike County funds (local) also support the staffing and costs of operating.

We "encourage" donations and do have a donation policy.

Please make checks payable to the Pike County Area Agency on Aging. Thank you!

2023 licenses, permits, and vouchers purchased now are valid immediately for up to 13 months, from December 1, 2022, through December 31, 2023. "A fishing license is truly your ticket to outdoor fun for the whole year," said Tim Schaeffer, PFBC Executive Director.





KNIGHTS OF COLUMBUS

Council 12571



FOOD FOR FAMILIES & FRIENDS PROGRAM

TAKE OUT DINNERS

MUST CALL IN FOR RESERVATION







April 2 1:30-3:00 HAPPY PALM SUNDAY

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



A Blessed

Easter to All

No dinner will be served at St. Ann's on Easter

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

66Here comes the sun, and I say, It's all right.

THE BEATLES



Bingocize is a 10 week, evidence-based health promotional program that combines exercise and health education with a familiar game of Bingo. It is a great way to have fun to get moving and socializing while exercising.

Where else can you go to socialize, have fun, and live a healthier life, than Pike County Area on Aging the one stop shop. Come join us, we'd love to see you. Register now, have a heart healthy lunch for a donation of \$2.50. See you soon. Please call 570-775-5550

Lana

Come join RUBY on Monday April 24th In our Saw Creek Center for painting class. \$3.50 charge for supplies. Please call 570-775-5550 for reservations



Health and Wellness Corner

Clean up your diet.

Be smart about everything you eat, and drink-it impacts your health.

Fill half your plate with fruits and veggies at every meal.

Go with whole grains, such as whole-wheat bread and pasta and brown rice.

Pick lean proteins-beans, nuts, fish and poultry with skin.

Choose fat-free or low-fat cheese, milk, and yogurt.

Make water your main beverage.
Still more to come....

Lana

Arts & Crafts

Let's make a gift for someone or

yourself.

Eunice will be conducting a program on how to make a pendant. This necklace will become your own beautiful creation.

Please Join us for free on Tuesday, <u>April 18th</u> 10:00 am to 11:30 am at the Blooming Grove Center. Space is limited register now.

Lunch will follow at 11:30 am for a donation of \$2.50.

CRAFTER

Dear Consumers,

We are looking for volunteers for crafts at all our centers. Please find it in your heart to offer your talents to others.

Contact Lana at 570-775-5550 ex.1317 Thank you.



Wednesday, April 19th @ 10:00 am Sharp

> Eastern Pike Center @ Matamoras FireHouse 506 Avenue Q Matamoras

> > **MUST** call for reservations 570-775-5550

\$5.00 per card to play



Take a cleansing breath.

Breathe through your nose, hold for a count of (3) three, and then release the breath through you mouth. This simple act can help you refocus, reenergize and relax.

Retired & Senior Volunteer Program of Berks, Pike & Wayne Counties **VOLUNTEER OPPORTUNITIES**

Pike County Area Agency on Aging

(Matamoras & Blooming Grove) Senior Center Kitchen & Meal Delivery Health & Wellness Instructors

Training paid for and provided by Pike County Area Agency on Aging

Dawn Houghtaling, RSVP Coordinator 570-390-4540 or Email: houghtalingd@diakon.org





WHAT IS SHARE?

SHARE is an affordable housing choice that brings together homeowners who want to share their home with home seekers who are looking for housing in exchange for rent, help around the house, or a combination of both. The home seeker receives their own bedroom and agreed upon use of the common areas. Every arrangement is unique depending on the needs, preferences, and abilities of the participants involved.

WHY SHARE A HOME?

Some people like the idea of having another person around the house. Others are looking for an affordable place to live or a way to supplement their income in order to meet household expenses. In some cases, it enables the older adult to remain in their home and community. Homesharing offers the homeowner:

Income to help with expenses

• A responsible tenant

Homesharing offers the home seeker:

- A private bedroom with agreed upon, shared common spaces
- Affordable rent Homesharing may offer participants help with household tasks or other agreed upon services. It may also offer the home seeker reduced rent in exchange for services.



HOW DOES SHARE WORK?

A homeowner and home seeker meet separately with the **SHARE** Housing Counselor to discuss needs and preferences, complete the application, and provide references.

The **SHARE** Housing Counselor will:

- Conduct reference and background checks
- Identify potential home share matches
- Introduce the homeowners and home seekers Coordinate the written homesharing agreement
- Oversee trial living periods
 Provide ongoing support during the term of the agreement
- Connect the participants to other community resources.

WHO IS ELIGIBLE?

Older adults, persons with disabilities, veterans, working professionals, college students, individuals at-risk of homelessness, single parents, or people simply wishing to share their lives and homes with others. If interested, please contact Larisa Yusko at (570) 832-5133 or lyusko@pikepa.org

SHARE participants must be at least 18 years of age and one of the individuals in the match must be over 60.



2023

MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cranberry Juice Ham & Cheese Omelet Sausage Patty Home Fries Blueberry Muffin	4 Tossed Salad Chicken Parmesan Tomato Sauce Rotini Pasta Carrots Wheat Bread Fresh Fruit	5 Three Bean Salad Breaded Fish Filet Rice Pilaf Creamed Spinach Rye Bread Fruit Crisp	6 Chickpea & Broccoli Salad Chili Burger/Bun Roasted Potatoes Baked Beans Peaches	7 ALL CENTERS CLOSED FOR GOOD FRIDAY
10 Cole Slaw Beef Stew w/ Vegetables Mashed Potatoes Corn Biscuit Fresh Fruit	11 Orange Juice Turkey Tetrazzini Brussel Sprouts Rye Bread Pineapples	12 Tossed Salad Chicken Cordon Bleu Scalloped Potatoes Peas & Onions Dinner Roll Fruited Jell-O	13 Mandarin Salad Teriyaki Meatballs Rice Stir Fried Vegetables Wheat Bread Pears	14 Beef Barley Soup Beef Stroganoff Noodles Peas & Carrots Rye Bread Pudding
17 Cream of Broccoli Soup Chef Salad (Turkey, Ham & Cheese) Potato Salad Dinner Roll Cookies	18 Split Pea Soup Swedish Meatballs & Gravy Rotini Succotash Wheat Bread Fresh Fruit	19 Grape Juice Stuffed Shells Sauce Italian Green Beans Italian Bread Melon	20 Corn & Black Bean Salsa Chicken Fajitas w/ peppers & Onions Tortilla Pinto Beans Mandarin Oranges	21 Tossed Salad Meat Lasagna Green Beans Italian Bread Fruit Cocktail
24 Red Beets & Onions Stuffed Cabbage Tomato Sauce Mashed Potatoes Corn Rye Bread Chocolate Cake	25 Tossed Salad Chicken Fingers Confetti Rice Broccoli Wheat Bread Pudding	26 Carrot & Raisin Salad Roast Turkey Gravy Stuffing Mashed Potatoes Green Beans Ice Cream	27 Southwest Corn Chowder BBQ Chicken Tater Tots Zucchini & Tomatoes Wheat Bread Fresh Fruit	28 ALL CENTERS CLOSED RSVP VOLUNTEER RECOGNITION LUNCHEON We Support our Volunteers!



Please remember, if you get home delivered meals, the suggested donation is \$3.00 per meal per person. Thank you.



2023 Blooming Grove Activities



		9		- 10
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cards Dominoes, Rummikube	4 Arts & Crafts Chess after lunch	5 Cards Dominoes, Rummikube	6 Bingo	7 ALL CENTERS CLOSED FOR GOOD FRIDAY HOLIDAY
10 Cards Dominoes, Rummikube	11 Arts & Crafts Chess after lunch Bigger Shopping	12 Cards Dominoes, Rummikube Bigger Shopping	13 Cards Dominoes, Rummikube	14 Arts & Crafts Cards
	Dingmans & Shohola	Mil/Mat	Bigger Shopping Promised Land	
17 Cards Dominoes, Rummikube	18 Arts & Crafts Chess after lunch	19 Cards Dominoes, Rummikube	20 Bingo Speaker @ 12:00	21 Arts & Crafts Cards
Transmitabo	Pendant Making with Eunice @ 10		Easter Hat Contest	
24 Cards Dominoes,	25 Arts & Crafts	26 Cards Dominoes, Rummikube	27 Bingo	28 All Centers Closed For RSVP
Rummikube	Chess after lunch	T Carrin Made	Celebrate Birthdays	Volunteer Recognition Luncheon

BEREAVEMENT

Bereavement Support Group — Starting April 10, 2023, the first of six weekly sessions. concluding on May 15th, sponsored by St. Vincent de Paul Parish in Milford and St. John Neumann Parish in Hawley; group meets on Monday afternoon from 2:00 to 3:30 p.m. in the St. John's parish hall, 705 Route 739. Bereavement support sessions address topics dealing with the grief process to aid in healing. All suffering the loss of a loved one are welcome; registration is required as group size is limited. You may register at stvgriefgroup@att.net or call the parish office at 570-686-4545

Sunday, April 22nd



- One tree is equal to one oxygen cylinder.
- Save the Earth before it's too late.
- If the Earth suffers, we will suffer too.
- Save your mother Earth as she bore us all.



Sponsored by Pike County Area Agency on Aging Top of the World Restaurant at Saw Creek Estate 148 Cambridge Ct, Bushkill PA 18324 MONDAYS 9:00 am to 3:00 pm

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



4/3-Bingocize @ 12:30

4/3-Speaker @ 11:30

4/3 Cards & Games

4/10-Cards & Games

4/10 - Advisory Board Mtg @ 12:30

4/10—Easter Hat Contest

4/17—Cards & Games

4/24— Cards & Games

4/24—Painting With Ruby

4/24—Bingo & 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 Saw Creek Estates to participate

Suggested Lunch
Donation
\$2.50

CENTER WITHOUT WALLS

Mondays at Saw Creek Estates



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



4/4-Cards & Games

4/4—Swim 11-12

4/11—Blood Pressure

4/11—Easter Hat Day

4/11-Card & Games

4/11 - Exercise with Lana

4/11-Speaker @ 11:30

4/18-Cards & Games

4/18—Swim 11-12

4/25-Cards & Games

4/25 - Bingo & Birthday Celebration

4/25—Swim 11-12

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

AP	Lackawaxen/Shohola Township 9 am to 2 pm 570-685-7808			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5 Cards & Games Exercise Lunch @ 11:45	6 Cards, games & bingo Lunch @ 11:45	7 CLOSED
10 CLOSED	11 CLOSED	12 Cards & Games Exercise Lunch @ 11:45	13 Cards, games & bingo Lunch @ 11:45 Speaker @ 11:30 Easter Hat Contest	14 CLOSED
17 CLOSED	18 CLOSED	19 Cards & Games Exercise Lunch @ 11:45	20 Cards, games & bingo Lunch @ 11:45	21 CLOSED
24 CLOSED	25 CLOSED	26 Cards & Games Exercise Lunch @ 11:45 Birthday Celebration	27 Cards, games & bingo Lunch @ 11:45 Birthday Celebration	28 CLOSED

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 CLOSED	4 CLOSED	5 Cards Bingo Lunch	6 CLOSED	7 ALL CENTERS CLOSED FOR HOLIDAY
10 CLOSED	11 CLOSED	12 Cards Bingo Lunch	13 CLOSED	14 Bingo @ 10:30 Lunch Exercise & Line Dancing Speaker @ 12:00 Easter Hat Contest
17 CLOSED	18 CLOSED	\$250 BUNGO Cash Bingo@ 10 am	20 CLOSED	21 Bingo @ 10:30 Lunch Exercise & Line Dancing Birthday Celebration **Walk With Ease**
24 CLOSED	25 CLOSED	26 Cards Bingo Lunch	27 CLOSED	All Centers Closed For RSVP Volunteer Recognition Luncheon We support our volunteers!





Avocado Day in Blooming Grove









Avocado Day in Saw Creek



Match Game Winners

EVENTS and PROGRAMS

Loaves to Fishes Food Pantry

Paupack Methodist Church, Route 507 570-857-1141 Serves Palmyra Twp. 1st Friday of month 9:30am - 11:00am

Hemlock Farms Food Pantry

98 Willow Drive, Hawley PA The 3rd Monday of the month 4pm - 6:30pm

Registration is a must prior to distribution Please register by calling 570-775-6787

Pike County Food Pantry

Dreher Township Building 899 Main St. Newfoundland, Pa 570-676-4066 Serves Greene Twp. 3rd Thursday of the month 12pm - 2pm Pre-registration is required

Good News Good Cheer Food Pantry

St. Luke's Lutheran Church
Rt 590, Greeley PA 18425
570-226-3966
1st Sunday of the month 10:30 am- 11:30 am
Proof of residency and photo ID required

Agape Food Pantry

300 Avenue H, Matamoras PA 845-772-0218 Every Tuesday 5pm - 6pm

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 In store pickup is \$5.95

> Dutch's Market 570-676-3373 Curbside pick up only dutchsdelivery@gmail.com

Dave's Super Duper 570-251-9530
Deliveries on Wednesdays only.
superduper9530@yahoo.com

Shoprite delivers (\$10 internet fee & \$6.95 delivery fee) shop at www.shoprite.com

Growing Lackawaxen Care Cabin

169 Urban Rd, Hawley 570-685-2273 4th Saturday of the month 8am - 11am

Holy Trinity Food Pantry

103 Delaware Crest, Dingmans Ferry 570-828-7411

Help available Tuesday, Wednesday & Thursday from 9am-1pm every week by appointment only.
Please call 24-48 hours ahead

Lords Valley Community Church / Hands of Hope Pike County

707 Rt 739, Suite 3, Lords Valley 570-775-3777
2nd Thursday of the month 3pm-5pm



Pre-packaged and placed into car



Ecumenical Food Pantry

321 5th St., Milford 570-618-1568

Fridays: 12pm - 1pm Fridays: 6:30pm - 7:30pm

Eligibility is based on income Photo ID & verification of address required

St. Ann's Bridge Point Food Pantry

125 Richardson Ave., Shohola, PA 570-832-4275

1st & 3rd Thursday of the month 9am-12pm Registration is at pickup

Bushkill Outreach Food Pantry

168 Lehman Park Rd, Bushkill, PA 570-588-0660

Tuesday, Wednesday, Thursday 9am-12pm Every week except the 5th of the month

Blooming Grove Food Pantry

St. John Neumann / Good Shepherd Church 705 Route 739, Lords Valley 570-775-6791

3rd Thursday of the month 9:30am - 11am

Pre-registration is required Do not bring children and wear a mask

First Presbyterian Church of Hawley

815 Church St, Hawley PA 570-226-4835 2nd & 4th Saturday of the month 11:30am

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 2022 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 Grishina & David Zlasney Activity & Program Director & Health & Wellness Coordinator - Lana Romeo-email: Iromeo@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 * Alicia Bonadonna * Cordell Bowman * Jeanne Carlstedt * Laura Guccini-Engle * Kathie Joseph * Leatrice Langer * Barbara Leary *Linda Leyh * Monica McVitie * Mary Little * Barbara Shevlin * Sue Siska * Rita Tepperman * Lori VanSlot * 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