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Coming to Pike County
Area Agency on Aging
PCCD On the Road:
Pollinators & the Effects of
Habitat Fragmentation

Learn who our Pennsylvania pollinators are, why they are important, and what you can do to help them!



Eastern Pike Center @ Matamoras Fire House 506 Avenue Q Matamoras, PA Friday 8/11 @ 12:00

Saw Creek Top of the Word Restaurant 148 Cambridge Ct Bushkill, PA Monday 8/14 @ 11:30

Lackawaxen
Lackawaxen Fire Dept
Beisel Beck Rd & Route 590
Lackawaxen, PA
Thursday 8/17 @ 11:30

Blooming Grove 150 Pike County Blvd Hawley, PA Thursday 8/24 @ 12:00

PMLE Memorial Hall 2095 Milford Rd Bushkill, PA Tuesday 8/29 @ 11:30

Please call 570-775-5550

Pike County Area Agency on Aging

PICNIC

Promised Land Picnic

When: Friday, August 4th Time: 10:00 am

Where: Promised Land State Park
100 Lower Lake Rd
Greentown, PA

Price: \$3.00 (please have exact change thank you)

Menu: Hamburgers, Hot Dogs, Potato Salad, Cole Slaw, and Fresh Melon.

We will have a day of Games, Swimming, Entertainment and Great Fun

Reservations required please call 570-775-5550

Please give us your phone number when registering

9th Annual Elder Justice Day

Tuesday, August 22nd 10:00 am to 2:00 pm Eastern Pike Senior Center @ Matamoras Fire House 506 Avenue Q Matamoras, PA



This years topics include:

~~Self-Care to Avoid Self Neglect~~
~~Cybersecurity and Online Safety~~

Registration to this event is **required**, please call **570-775-5550**.

Drug Take Back will be available for any expired or unused medications.

Please bring any personal or identifying paperwork to shred.
Please remove all clips and no spiral binders

If you need **transportation**, please call **570-296-3408**. Transportation is free for this event.

Greetings!

We are in the heat of the summer, please remember that our senior centers are also cooling centers if needed .

I hope you are all enjoying the summer. I have some exciting news to share from the Pennsylvania Department of Aging. Each Area Agency on Aging and their communities are asked to participate with the Master Plan for Older Adults. What this means for all our Pike County Seniors is that you will be able to attend our Listening Session and have a voice on what Pike County Seniors need, from services to housing resources etc. The ball is in our court to get the help we need to age in place . Please plan on attending, Save the date ... **October 11. 2023** we look forward to hearing from all of you!! Stay tuned for more information to be announced. Stay safe and cool .



Master Plan for Older Adults Listening Sessions





The Pennsylvania Department of Aging has embarked on the development of a 10-year strategic plan designed to help transform the infrastructure and coordination of services for Pennsylvania's older adults, and they want your input!

You are invited to contribute what you think should be the plan's priority goals, objectives, and initiatives to support the highest quality of life for older adults.

Join us for a Listening Session

Wednesday, October 11th
Matamoras Fire House,
506 Avenue Q, Matamoras
11:30 A.M.
Lunch is on us!
Call 570-775-5550 for reservations

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

2023 APPLICATION FORM

To qualify, you must be 60 or older (or turn 60 by 12/31/2023) and meet household income guidelines.

RIGHTS AND RESPONSIBILITIES

I certify that the information I have provided 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: \$26,973 for 1 person in the household; or \$36,482 for 2 people in the household and that I am 60 years old or older (or will turn 60 by 12/31/2023).

1st Participant Name (print):(Person checks are fo				Birth Date		
		(Person checks are f	or)			
		(Signature)				
2nd Particip	ant Name (print):	(Person checks are for)		Birth Date		
		(Person checks are for)				
		(Signature)				
Address (pr	int):					
Telephone N	Number:		Co	ounty of residence		
Please circle	e appropriate ider	ntifier for each:				
Ethnicity:	Hispanic or Lat	ino	Not Hispanic o	or Latino		
Race:		n or Alaskan Native	Asian White	Black or African American		

Please see back for USDA Nondiscrimination Statement

Please send completed application to:
Pike County Area Agency on Aging, 150 Pike County Blvd., Hawley, PA 18428
or email it to kdantuono@pikepa.org If you have questions, call 570-775-5550 option 0

OFFICE USE ONLY	
Check Numbers	to
Staff Signature	Date:
Senior Center	

USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discrimination on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil right activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202)720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:

https://www/usda.gov/sites/default/files/documents/ad-3027.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or

2. fax:

(833(256-1665 or (202) 690-7442; or

3. email:

Program.Intake@usda.gov

This institution is an equal opportunity provider.

Farmers Market Vouchers (FMNP) will be distributed as follows as long as we still have them

Blooming Grove Senior Center 150 Pike County Blvd, Hawley PA 18428 Tuesdays, Wednesdays & Thursdays from 10:00 am to 12:00 pm

Eastern Pike Center @
Matamoras Fire House
506 Avenue Q, Matamoras, PA 18336
Wednesdays and Fridays from 10:00 AM

Center Without Walls @ PMLE
Pocono Mtn Lake Estates, Memorial Hall
2095 Milford Rd, Bushkill, PA 18324
Tuesdays from 10:00 AM to 12:00 PM

Lackawaxen/Shohola Township Center
@ Lackawaxen Fire Dept
Beisel Beck Rd. & Rt 590,
Lackawaxen, PA 18435
Wednesdays and Thursdays

from 10:00 AM to 12:00 PM

Center Without Walls @
Top of the World Restaurant in Saw Creek
148 Cambridge Ct, Bushkill, PA 18324
Mondays from 10:00 AM to 12:00 PM

The 2023 household income eligibility is:

1 person- \$26,973 2 people-\$36,482 3 people-\$45,991 4 people-\$55,500 5 people-\$65,009 6 people-\$74,518

Each eligible senior will receive five (5) \$10.00 vouchers for a total of \$50.00 one time during program year

You must turn 60 by the end of this year



Knights of Columbus

COUNCIL 12571



FOOD FOR FAMILIES and FRIENDS PROGRAM

TakeOut Dinners-Call in for Reservations

Pork Chop Dinner Pasta and Meatballs





Sun., Aug. 6 1:30-3:00 St. John's Parking lot Rt.739 Lords Valley Sun., Aug. 13 1:30—3:00 St. Ann's Parking Lot 123 Richardson Ave.Shohola

ALL ARE INVITED DONATIONS ARE WELCOMED BUT NOT NECESSARY

Please Call

Call or text

St. John's (570) 775-4791

Angelo 201-575-6100

St. Ann's 570-833-4275

Frank (347) 446-9636

PAPER BEADS

This is really exciting on Tues. August

15th at the Blooming Grove Center, we will be working on Paper Beading. Ester Colon has offered to volunteer to teach us how to make Paper Beads.

Time is 10:00 am to11:15 am.
We hope you will join us for this class.
It is a great way to meet people have fun and enjoy life. Hope to see you on the 15th.
Thanks. Lana

Please call 570-775-5550 for reservations.



Knights of Columbus
Breakfast @ St. Vincent DePaul Church, 101
St. Vincent Dr., Milford - second Sunday of each month, 9:00-11:00 a.m.

In the parish hall.

Join fellow parishioners for a full hot breakfast.

Cost \$5/person,

maximum \$20/family.

\$200



Wednesday, August 16th 10:00 am Sharp

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

MUST call for reservations 570-775-5550

\$5.00 per card to play



Join us for a delicious lunch, good fun, and pleasant conversation No need to call first, just come on in

When: Thursday, August 17
Where: Good Shepherd Parish Hall
Corner of W. Catharine & 5th Sts.
Time: 11:30 – 1:00 pm
Cost: None

A Community Outreach Program of the







August	2023 MEN		ilik included with all	illeals for \$2.50"""
MONDAY	TUESDAY	WEDNESDAY		FRIDAY
	1 Corn & Black Bean Salsa Beef Tacos Let, Tom, Onion & Cheese Rice Granola Bar	2 Tossed Salad Pork Chop w/ Sweet & Sour Sauce Buttered Noodles Broccoli Florets Wheat Bread Fresh Fruit	3 Lentil Soup Baked Fish Macaroni & Cheese Stewed Tomatoes Wheat Bread Fresh Fruit	4 CLARA MILLER MEMORIAL PICNIC @ PROMISED LAND STATE PARK
7 Carrot Raisin Salad Stuffed Chicken Breast Wild Rice Medley Green Beans Dinner Roll Fresh Fruit	8 Cream of Broccoli Soup Stuffed Peppers Mashed Potatoes Carrots Wheat Bread Cookies	9 Tossed Salad Italian Style Meatballs/Sauce Pasta Italian Green Bean Italian Bread Fruited Jell-O	Buttered Noodles	11 Minestrone Soup Grilled Chicken on Caesar Salad Croutons Potato Salad Dinner Roll Pudding
14 Cranberry Juice Battered Fish Sticks Potato Puffs Succotash Wheat Bread Chocolate Cake	15 Cucumber Salad Roast Turkey Breast/Gravy Stuffing & Potatoes Peas & Onions Ice Cream	16 Cole Slaw Swedish Meatball in Sauce Rotini Pasta Roasted Vegetables Rye Bread Fruit Cocktail	17 Tossed Salad s Meatloaf Gravy Mashed Potatoes Carrots Dinner Roll Ambrosia	18 Split Pea Soup Vegetable Lasagna Broccoli Medley Dinner Roll Fresh Fruit
21 Tossed Salad Baked Manicotti Sauce Creamed Spinach Italian Bread Fresh Melon	22 Southwest Corn Chowder Tuna Salad Hoagie with Let & Tomato Macaroni Salad Peaches	23 V-8 Juice Ham & Cheese Omelet Salsa Home Fried Potatoes Corn Muffin Jell-O	24 Chick Pea & Broccoli Salad Sausage, Pepper & Onions on Hoagie Roll Scalloped Potatoes Mandarin Oranges	25 Orange Juice Stuffed Cabbage Sauce Mashed Potatoes Corn Rye Bread Cookies
28 Ream of Tomato Soup Beef Stroganoff Noodles Bean Medley Rye Bread Fruit Salad	29 Red Beet Salad Stuffed Shells Sauce Zucchini & Tomatoes Wheat Bread Cake	30 Apple Juice Hot Dog (s) Bun Baked Beans Corn Pineapples	31 Mandarin Salad Chicken Stir Fry Rice Mixed Stir Fried Vegetables Wheat Bread Pudding	



2023 Blooming Grove Activities



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Arts & Crafts Chess after lunch	2 Cards Dominoes Rummikube	3 Bingo	4 All Centers Closed Promised Land Picnic
7 Cards Dominoes Rummikube	8 Arts & Crafts Chess after lunch Bigger Shopping Dingmans Ferry & Shohola	9 Cards Dominoes Rummikube Bigger Shopping Mil/Mat	10 Bingo Bigger Shopping Promised Land	11 Arts & Crafts Cards
14 Cards Dominoes Rummikube	15 Arts & Crafts Chess after lunch	16 Cards Dominoes Rummikube	17 Bingo Produce Truck 10:00 –1:00	18 Arts & Crafts Cards
21 Cards Dominoes Rummikube	22 Arts & Crafts Paper Beading with Esther Chess after lunch	23 Cards Dominoes Rummikube	24 Bingo PCCD Speaker @ 12:00	25 Arts & Crafts Cards
28 Cards Dominoes Rummikube	29 Arts & Crafts Arts & Crafts with Eunice Chess after lunch	30 Cards Dominoes Rummikube	31 Bingo Celebrate Birthdays	

If you have a cell phone issued by Pike County Area Agency on Aging you **must call** our office and advise us if you want to continue receiving this free service.

If you do not call your service will automatically be shut off on August 20th.

Thank you to those of you who have already called.



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



8/7 - Exercise with Lana

8/7—Blood Pressure Screening

8/7 - Cards & Games

8/14-PCCD Speaker @ 11:30

8/14-Cards & Games

8/21-Cards & Games

7/28-Cards & Games

8/28—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



8/1-Cards & Games

8/8-Swim 11-12

8/8-Cards & Games

8/8- Exercise with Lana

8/15-Blood Pressure Screening

8/15-Cards & Games

8/15—Swim 11-12

8/22-Elder Justice Day in Matamoras

8/22-Cards & Games

8/29-PCCD Speaker @ 11:30

8/29 - Bingo & Birthday Celebration

8/29—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

Lackawaxen/Shohola Township 9 am to 2 pm 570-685-7808				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Cards & Games Exercise Lunch @ 11:45	3 Cards, games & bingo Lunch @ 11:45 <i>Nail Day</i>	4 CLOSED
7 CLOSED	8 CLOSED	9 Cards & Games Exercise Lunch @ 11:45	10 Cards, games & bingo Lunch @ 11:45 <i>Nail Day</i>	11 CLOSED
14 CLOSED	15 CLOSED	16 Cards & Games Exercise Lunch @ 11:45	17 Cards, games & bingo Lunch @ 11:45 Nail Day PCCD Speaker @ 11:30	18 CLOSED
21 CLOSED	22 CLOSED	23 Cards & Games Exercise Lunch @ 11:45	24 Cards, games & bingo Lunch @ 11:45	
28 CLOSED	29	30 Cards & Games Exercise Lunch @ 11:45 Birthday Celebration	31 Cards, games & bingo Lunch @ 11:45 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 ALL CENTERS CLOSED FOR PROMISED LAND PICNIC
7 CLOSED	8 CLOSED	9 Cards Bingo Lunch	10 CLOSED	11 Bingo @ 10:30 Lunch Exercise & Line Dancing with Lana PCCD Speaker @ 12:00
14 CLOSED	15 CLOSED	16 Cards Bingo Lunch \$200 BUNGO Cash Bingo@ 10 am	17 CLOSED	18 Bingo @ 10:30 Lunch Exercise & Line Dancing with Lana Produce Truck 10 –1
21 CLOSED	22 CLOSED	23 Cards Bingo Lunch	24 CLOSED	25 Bingo @ 10:30 Lunch Exercise & Line Dancing with Lana Birthday Celebration
28 CLOSED	29	30 Cards Bingo Lunch	31 CLOSED	

Happy Birthday Judy, Fran, Galina, Kevin & Suzanne



Happy 91st Theresa



Happy 90th John



Happy June Birthday to our Matamoras crew



Children from PMLE made rice crispy treats for our Seniors.
They were delicious!
Thank you so much!

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 4:30 to 5:30

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

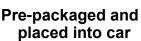
103 Delaware Crest, Dingmans Ferry 570-828-7411

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





Ö

Ecumenical Food Pantry

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

Fridays: 12pm - 1:30 pm 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 2023 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 Soares - email: rsoares@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)

<u>Eastern Pike Center @ Matamoras</u>-Matamoras Fire House, 506 Avenue Q, Matamoras, PA 18336 (Phone: 570-775-5550)

Wednesday and Friday 9 am to 2 pm

SHARE Housing Larisa Yusko 570-832-5133 lyusko@pikepa.org

ELDER ABUSE REPORTING NUMBER 1-800-233-8911

Advisory Council

* Alicia Bonadonna * Cordell Bowman * Jeanne Carlstedt

* Laura Guccini-Engle * Leatrice Langer * Barbara Leary *Linda Leyh

Monica McVitie * Mary Little * Barbara Shevlin * Sue Siska * Rita Tepperman * Lori VanSlot * Tony Waldron

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