



2023

Pike County Area Agency on Aging

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Casino Time



When: Tuesday, December 5th

Destination: Wind Creek Casino
 Bethlehem, PA

Package: Bus Transportation and \$25.00 slot free play

Price: \$40.00 to be paid at registration

Bus will pick up at the Blooming Grove Center,
 150 Pike County Blvd., Hawley, PA 18428

Time: Must be at center by 8:45 am

Please call Lana 570-775-5550 x 1317



LIHEAP helps low-income families pay for their heating bills. LIHEAP is a grant. You do not have to repay it.

To receive help....

- Apply between Nov 1, 2023 and Apr 5, 2024
- You don't have to be on public assistance
- You don't have to have an unpaid heating bill
- You can either rent or own your own home

Apply online at: www.compass.state.pa.us

Request an application by calling 1-866-857-7095

To apply, you will need:

- Names of people in your household
- Dates of birth for all household members
- Social security numbers for all household members
- Proof of income for all household members
- A recent heating bill

2023-2024 Income Guidelines

Household Size	Maximum Annual Income
1	\$21,870
2	\$29,580
3	\$37,290
4	\$45,000

Add \$7,710 for each additional person

If you are seeking assistance to apply for LIHEAP, please call our office at 570-775-5550 to schedule an appointment. All appointments will be by phone.



Timing is Everything Isn't It About Time That You Found Out What the **PA LINK** can do for you?

Are you Over 60 or have a disability or both?

Contact the **PA LINK** and get Connected to the resources in your community.

1-800-753-8827

Don't Waste Another Minute Call Today



With the colder months and snowy weather coming we all want to hibernate like the bears . There are some tips I would like to share to combat feeling isolated .
Social Isolation can lead to poor health, nutrition, heightened risk for dementia and increased falls. Please remember these few tips to ensure you remain safe at home.

1. Visit family as often as you can , even if it is a virtual call .
2. Reach out to family, friends, neighbors, or Pike County Area on Aging if you need extra help. 570-775-5550
3. Make sure your indoor temperature is comfortable.
4. Ensure you are eating a proper diet; healthy nutrition is key.
5. Exercise to the best of your ability .
6. Wear appropriate clothing for the weather.
7. Make sure you have good lighting especially during winter months due to the time change .
8. Have books, puzzles, cards handy to combat boredom and keep your mind sharp !

And always remember Pike County Aging Senior Centers are here to assist with activities and nutrition .

Stay warm and cozy , give us a call we are always here to help !



SPONSOR A SENIOR IN HOME DELIVERED MEALS PROGRAM

Our numbers are up and our funding is down. Due to the rising cost of food our numbers have grown to over 1,000 meals per week. The Federal Government, local funds and the Pennsylvania Lottery provide only a portion of the total cost. This is why we depend so much on donations. In order to continue and increase quality meal service, we need your help. Please consider a \$20.00 donation. You can also donate via PAYPAL on our website, www.pikeaaa.org. Our seniors and staff appreciate your understanding and generosity .

Please make donations payable to: Pike County Area Agency on Aging (PCAA)

Mail to: Pike County Area Agency on Aging, 150 Pike County Blvd., Hawley, PA 18428

Name: _____ Donation Amount: _____

Address: _____ Zip: _____

Thank you for your generosity.

Dancing Makes You SMARTER

The 21-year study of senior citizens, 75 and older, was led by the Albert Einstein College of Medicine in New York City, funded by the National Institute on Aging, and published in the New England Journal of Medicine.

% = Reduced Risk of Dementia

- 0% in Bicycling, swimming or playing golf
- 35% in Reading
- 47% in Doing crossword puzzles at least four days a week
- 76% in Dancing Frequently

Dancing:

- Reduces stress and depression
- Increases energy and serotonin
- Improves flexibility, strength, balance, endurance
- Strengthens bones and boosts cardiovascular health
- Increases mental capacity by exercising our cognitive processes
- Dynamic and rapid-fire decision making, creates new neural paths.

David Avocado Wolfe

Celebrate Life Through Dance

*Call Lana for the next round of dance lessons
Ext. 1317*

German Christmas Service

Sunday, December 10th

2:00 pm

**Christmas music,
Choir, and songs, Scripture,
prayers, and homily.**

All in German

Contact

Pastor Rolf Buchmann

570-559-7608



**110 Foxcroft Dr
Milford, PA 18337**



**Wednesday, December 20th
10:00 am Sharp**

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

\$5.00 per card to play

Please call 570-775-5550 for reservations

**NEVER
LET GO
OF YOUR
DREAM**



Knights of Columbus
Council 12571



**MEATLOAF
DINNER**



**CHICKEN
FRANCESE**

Sun., Dec. 3 1:30-3:00
St. John's Parking lot
Rt. 739 Lords Valley

Sun., Dec. 10 1:30-3:00
St. Ann's Parking Lot
123 Richardson Ave. Shohola

ALL ARE INVITED DONATIONS ARE WELCOMED BUT NOT NECESSARY

Please Call for Reservations

St. John's (570) 775-6791

St Ann 570-832-4275

Call or Text Angelo (201) 575-6100 or Frank 347-446-9636

BREAKFAST

**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.

Some mornings
you have to
remind yourself
that you got
through yesterday
and you will get
through today too.

 LIDIA LONGORIO

Scam Warning: Calls from Fraudsters Target Seniors and People with Disabilities Who Have Applied for PTRR

The scam calls are reportedly targeting people who have applied for a rebate through the Property Tax/ Rent Rebate program

Harrisburg, PA — Secretary of Revenue Pat Browne today issued a warning on a scam that is targeting older Pennsylvanians and people with disabilities who have applied for a rebate through Pennsylvania's Property Tax/ Rent Rebate program.

According to the Pennsylvania Treasury Department, applicants of the program have been receiving calls from scammers who are asking for their bank account information to facilitate the payment of their rebates through direct deposit. The callers falsely claim they are from Treasury as part of this scheme.

"We want everyone to know that the Treasury Department and the Department of Revenue will never call applicants of this program and ask for their bank information," **Secretary Browne** said. "No one should give out this sensitive personal information over the phone from an unsolicited caller. If you have any suspicion at all that a call like this is a scam, hang up the phone immediately."

As a reminder, applicants of the [Property Tax/Rent Rebate program](#) have the option of including their banking information on their application forms to receive their rebates through direct deposit. Including this information on the application expedites the payment of your rebate, but it is not required. Applicants who do not include their banking information will be mailed a paper check.

You can check the status of your rebate by using the [Where's My Rebate?](#) tool or by contacting the Department of Revenue through the [Online Customer Service Center](#). Or by calling 1-888-728-2937



focused on what matters

800.NBT.BANK www.nbtbank.com



Member FDIC

Please be advised effective September 1, 2023 our suggested donation for lunch at our senior centers will be **\$3.00** for Pike County AAA **registered** seniors.

Guests who are **NOT** registered **OR** under the age of 60, the suggested donation will be **\$5.00**.

This program is sponsored in part by the PA Department of Aging, local funds and your donations.

Thank you for your support and cooperation.

Wash N Fold

Free Pick Up and Delivery



Laundromat

We wash fold and hang so you don't have too

845-856-4235

133 Jersey Ave

Port Jervis NY 12771

20% Off with this Coupon

Present When Picked Up

UKULELE Lessons

Free of charge at our Matamoras and Lackawaxen centers

Please call 570-775-5550 to sign up

Avoid and report Microsoft technical support scams

Microsoft will never proactively reach out to you to provide unsolicited PC or technical support. If you receive a phone call claiming to be from Microsoft, or see a pop-up window on your PC with a fake warning message and a phone number to call and get your "issue" fixed, it's better to be safe and not click any links or provide any personal information.

Never call the number provided in the error message. Real Microsoft error messages never include a phone number to call.

If you feel like you've been the target of a technical support scam, you can help Microsoft stop cybercriminals

"If you want to lift yourself up, lift up someone else."

BOOKER T. WASHINGTON



2023 MENU

Milk included with all meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please remember if you receive home delivered meals, the suggested donation is \$3.00 per meal per person. Thank you for your donations.</p> 				<p>1 Tossed Salad Meatloaf Gravy Mashed Potatoes Mixed Vegetables Dinner Roll Ambrosia</p>
<p>4 Tossed Salad Vegetable Lasagna Peas & Carrots Italian Bread Pudding</p>	<p>5 Cream of Broccoli Soup Stuffed Peppers Mashed Potatoes Carrots Wheat Bread Cookies</p>	<p>6 Red Cabbage Slaw Italian Spaghetti & Meatballs/ Tomato Sauce Spinach Dinner Roll Pineapple Tidbits</p>	<p>7 Three Bean Salad Chicken Parmesan Tomato Sauce Pasta Pacific Medley Italian Bread Pears</p>	<p>8 Beef Barley Soup BBQ Chicken Roasted Sweet Potatoes Green Beans Dinner Roll Fresh Fruit</p>
<p>11 Cranberry Juice Battered Fish Sticks Potato Puffs Succotash Wheat Bread Banana Cake</p>	<p>12 Chick Pea & Broccoli Salad Sausage, Pepper & Onion on Hoagie Roll Scalloped Potatoes Mandarin Oranges</p>	<p>13 Southwest Corn Chowder Tuna Salad Hoagie Lettuce & Tomato Macaroni Salad Peaches</p>	<p>14 Tossed Salad Stuffed Shells Sauce Green Beans Italian Bread Fresh Fruit</p>	<p>15 Split Pea Soup Ham Steak Macaroni & Cheese Stewed Tomatoes Rye Bread Jell-O</p>
<p>18 Carrot Raisin Salad Stuffed Chicken Breast Wild Rice Medley Green Beans Dinner Roll Fresh Fruit</p>	<p>19 Apple Juice Chili Con Carne Rice Confetti Corn Wheat Bread Ambrosia</p>	<p>20 Tossed Salad Baked Manicotti Sauce Broccoli Florets Italian Bread Melon</p>	<p>21 Cole Slaw Swedish Meatballs in Sauce Rotini Pasta Roasted Vegetables Rye Bread Fruit Cocktail</p>	<p>22 Cucumber Salad Roast Turkey Gravy Stuffing Mashed Potatoes Green Beans Ice Cream</p>
<p>25 ALL CENTERS CLOSED FOR CHRISTMAS</p>	<p>26 Yogurt Cup French Toast Sticks Sausage Pattie Apple Compote Corn Muffin Fresh Fruit</p>	<p>27 Cranberry Juice Pork & Sauerkraut Roasted Potatoes Carrots Rye Bread Cookies</p>	<p>28 Minestrone Soup Stuffed Cabbage Sauce Mashed Potatoes Corn Dinner Roll Chocolate Cake</p>	<p>29 Mandarin Salad Chicken Stir Fry Rice Mixed Stir Fried Vegetables Wheat Bread Pudding</p>

Seniors Are Our First Priority



2023 Blooming Grove Activities



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Arts & Crafts Cards
4 Cards	5 Arts & Crafts Bingo <i>Chess after lunch</i> <i>CASINO TRIP</i>	6 Cards Dominoes Rummikube	7 Bingo <i>Christmas Party</i> <i>Gift Exchange</i>	8 Arts & Crafts Cards
11 Cards	12 Arts & Crafts Bingo <i>Chess after lunch</i> <i>Bigger Shopping</i> <i>Dingmans/Shohola</i>	13 Cards Dominoes Rummikube <i>Bigger Shopping</i> <i>Mil/Mat</i>	14 Bingo <i>Physical Therapist</i> <i>Speaker</i> <i>Bigger Shopping</i> <i>Promised Land</i>	15 Arts & Crafts Cards
18 Cards Dominoes Rummikube	19 Arts & Crafts Bingo <i>Chess after lunch</i>	20 Cards Dominoes Rummikube	21 Bingo	22 Arts & Crafts Cards
25 ALL CENTERS CLOSED FOR CHRISTMAS	26 Arts & Crafts Bingo <i>Chess after lunch</i>	27 Cards Dominoes Rummikube	28 Bingo <i>Birthday</i> <i>Celebration</i>	29 Arts & Crafts Cards

Retired & Senior Volunteer Program of Berks, Pike & Wayne Counties Volunteer Opportunities

Pike County Area Agency on Aging

Senior Center Kitchens, Dishwashers & Meal Delivery

Pike County Hands of Hope

Bushkill Outreach

Board Members, Hopeline Volunteers, Food Pantry

Food Collection/Distribution

American Red Cross

Serving Seniors, Inc.

RSVP

Blood Donor Ambassador

Volunteer Ombudsman

Senior CHAT Program

Disaster Relief

Advisory Council Members

Dawn Houghtaling, RSVP Coordinator 570-390-4540 or Email:

houghtalingd@diakon.org



**RSVP is funded by AmeriCorps and sponsored by Diakon Community Services.*



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

12/4 - Art Class Registration Required 570-775-5550

Exercise w/ Lana

12/11- Cards & Games

Christmas Party

12/18- Cards & Games

Blood Pressure Screening

Bingo & Birthday Celebration

12/25—Closed for Christmas

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
\$3.00

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



12/5-Cards & Games

Swim 11-12

12/12-Exercise with Lana

Cards & Games

Swim 11-12

Christmas Party

12/19-Cards & Games

Blood Pressure Screening

12/26-Swim 11-12

Bingo & Birthday Celebration

Cards & Games

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
\$3.00

CENTER WITHOUT WALLS
Tuesdays At Pocono Mountain Lake Estates




Lackawaxen/Shohola Township 9 am to 2 pm 570-296-9848

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 CLOSED
4 CLOSED	5 CLOSED	6 Cards & Games Exercise Lunch @ 11:45	7 Cards, Games & Bingo Lunch @ 11:45 <i>Exercise with Hella Nail Day</i>	8 CLOSED
11 CLOSED	12 CLOSED	13 Cards & Games Exercise Lunch @ 11:45	14 Cards, Games & Bingo Lunch @ 11:45 <i>Christmas Party/ Cookie Exchange</i>	15 CLOSED
18 CLOSED	19 CLOSED	20 Cards & Games Exercise Lunch @ 11:45	21 Cards, Games & Bingo Lunch @ 11:45 <i>Physical Therapist Speaker</i>	22 CLOSED
25 CLOSED	26 CLOSED	27 Cards & Games Exercise Lunch @ 11:45	28 Cards, games & bingo Lunch @ 11:45am <i>Birthday Celebration</i>	29 CLOSED



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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Bingo @ 10:30 Lunch Exercise & Dancing with Lana
4 CLOSED	5 CLOSED	6 Cards Bingo Lunch	7 CLOSED	8 Bingo @ 10:30 Lunch Exercise & Dancing with Lana
11 CLOSED	12 CLOSED	13 Cards Bingo Lunch	14 CLOSED	15 Bingo @ 10:30 Lunch Exercise & Dancing with Lana <i>Physical Therapist Speaker Christmas Party/Gift Exchange</i>
18 CLOSED	19 CLOSED	20 Cards Bingo Lunch \$200  <i>Cash Bingo@ 10 am</i>	21 CLOSED	22 Bingo @ 10:30 Lunch Exercise
25 CLOSED	26 CLOSED	27 Cards Bingo Lunch	28 CLOSED	29 Bingo @ 10:30 Lunch Exercise <i>Birthday Celebration</i>

Matamoras Halloween



Blooming Grove Halloween



Saw Creek
Halloween



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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

Pre-packaged and placed into car



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 - Tracy Simon - email: tsimon@pikepa.org

Options Service - Frank Vogel - fvogel@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: 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: 570-296-9848)

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

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 570-296-3436
Toll Free: 1-866-681-4947 STATUS LINE: 570-296-1959**

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