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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

SAVE THE DATE

Elder Justice Day August 22nd

10:00 AM to 2:00 PM

Eastern Pike Senior Center @
Matamoras Fire House

Reservations Required
570-775-5550

Delaware Valley High School



will be providing some of our home delivered meal recipients with entertainment and then coming to our Matamoras Senior Center on Friday, June 2nd

Please call for reservations
570-775-5550

Pike County Area Agency on Aging



Farmer's Market Vouchers have been delayed

due to circumstances beyond our control.

We apologize for the inconvenience.

We expect to be able to distribute them in July.

Additional information will be provided as it becomes available

We are bringing a produce truck to the Blooming Grove and Matamoras Centers on the following dates:

| | |
|---------------------------------------|----------------------------|
| July 13 th Blooming Grove | 14 th Matamoras |
| Aug. 17 th Blooming Grove | 18 th Matamoras |
| Sept. 21 st Blooming Grove | 22 nd Matamoras |
| Oct. 19 th Blooming Grove | 20 th Matamoras |

10:00 am to 1:00 pm



Picnic Time
Come Join Us
10:00 AM

When: Friday, June 9th, 2023

Where: Milford Beach,
150 Milford Beach Road,
Milford, 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

Whenever you find yourself doubting how far you can go, just remember how far you have come. Remember everything you have faced, all the battles you have won, and all the fears you have overcome. Unknown

Hi & Good bye

It is with a sense of bittersweetness that I write this “blurb” for the June newsletter. After 22 1/2 years I have decided to retire from the position of Agency Director. I really never knew how much I would enjoy the people who came into my life these many years. I have always been a “people” person and as my old friend Bobbie Vennie would say, “its always about the story”. God rest his soul. I will always treasure the people who have crossed our path at this Agency. Their colorful personalities and tenacious spirits made each day different than the last. It wasn’t easy but it was definitely rewarding.

We made some people angry when we started charging for transportation, some people didn’t like the 1% milk from whole milk. That was a big change. Darn heart healthy meals! I was involved with getting Lackawaxen Center back open after closing in late 1999. I also had to move the Bushkill Center from the American Legion to the Delaware Township building in one day (our picnic day, if you remember). We moved again from the Township building to the Milford Library. We affectionately started calling our Delaware Diners and Bushkill folks the Gypsy Kings as they were resilient. Now the Saw Creek Seniors are going strong!

So now a new chapter is starting. Like a brand new book with shiny new pages.

Be kind and be patient and watch great things begin to unfold.



We are excited to have the Delaware Valley High School Chamber Choir perform for our in-home consumers in the Matamoras area on Friday, June 2nd.



The Best time for a
New Beginning is
NOW!

June is Alzheimer's & Brain Awareness Month.

5 Steps to Maintain Brain Health

Reduce sugar usage. By putting away the sugar bowl and eliminating added sugar to the foods you eat, you can make a huge difference in your brain health.

Follow the Mediterranean diet.

The diet contains large amounts of fruits, vegetables, olive oil, legumes, and moderate amounts of wine, dairy and fish. Red meat and poultry are only allowed in limited amounts.

See your primary care physician on a regular basis.

Having a primary care physician managing your physical health will help prevent health problems like diabetes, high blood pressure and high cholesterol, which all affect brain health.

Get plenty of quality sleep

Lack of sleep adversely affects both physical and mental health, and it can have a profound effect on your cognitive abilities

Stay as social as possible

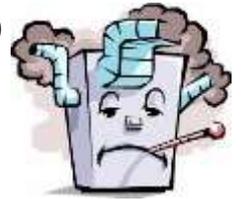
This is so important because a lack of social connections is directly related to anxiety and other psychological issues.

The Weatherization NO COST Heating System Clean & Tune Program

This **FREE** program provides a clean & tune to **LIHEAP eligible** households PRIMARY heating system. Household must be eligible for the 2022/2023 LIHEAP fuel assistance program. Services will be provided through September 15, 2023.

Contact LIHEAP 866-857-7095.

Eligibility: A household must meet 2022/2023 LIHEAP income eligibility (150% FPG)



| Household | Income Limit |
|-----------|--------------|
| 1 | \$20,385 |
| 2 | \$27,465 |
| 3 | \$34,545 |

For more information, contact: 570-253-4882



Knights of Columbus
COUNCIL 12571



FOOD FOR FAMILIES and FRIENDS PROGRAM



Take Out Dinners-Call in for Reservations

**Hawaiian
Chicken**



**BBQ Ribs
Dinner**



Sun., June 4-1:30-3:00

St. John's Parking lot
Rt.739 Lords Valley

Sun., June 11 1:30-3:00

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

ALL ARE INVITED DONATIONS ARE WELCOMED BUT NOT NECESSARY

Please Call

St. John's (570) 775-4791

St. Ann's 570-833-427

Call or Text Angelo (570) 575-6100

Frank (347) 446-9636

PAPER BEADS

This is really exciting on Tues. June 20th at the Blooming Grove Center, we will be working on Paper Beading. Esther Colon has offered to volunteer to teach us how to make Paper Beads. Time is 10:00 am to 11:15 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 20th. Thanks,
Lana
Please call 570-775-5550 for Reservations.

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



\$200



Wednesday, June, 21st
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

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.

We will also be making flower pots.

Please Join us for free on
Tuesday, **June 27th**

10:00 am to 11:30 am at the Blooming
Grove Center. Space is limited register now.
Please call: 570-775-5550

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

There have been many more scams targeting seniors recently. Please be aware that **no one will ever call you on the telephone** and say you

have to pay money to apply to get medical assistance benefits or get your benefits reinstated.

If you should get a pop up on your computer that looks like it is coming from Microsoft, please **DO NOT** click on it to open it, **DO NOT** call the number listed. Your computer is not infected and you do not need to allow them to fix it.

Publisher's Clearing House will not call you and tell you to meet them somewhere to claim your prize.

These are just a few of the latest scams going around. Please be **ALERT!**



Knights of Columbus

Breakfast @ St. Vincent DePaul Church,
101 St. Vincent Dr., Milford

second Sunday of each month,
9:00 am-11:00 am

In the parish hall.

Join fellow parishioners for a full hot
breakfast. Cost \$5/person,
maximum \$20/family.



Magnet Fun in Lackawaxen



Theatre Ticket Winners



National Volunteer Day 4/20/2023



Pendant Making in Blooming Grove



Paper Beading in Blooming Grove



Pike County Tick Task Force

The rising incidence of Lyme disease is due to a number of factors including: • Increased tick abundance • Overabundant deer population • Increased recognition of the disease • Establishment of more residences in wooded areas • Increased the potential for contact with ticks.

How to prevent tick bites when working outdoors

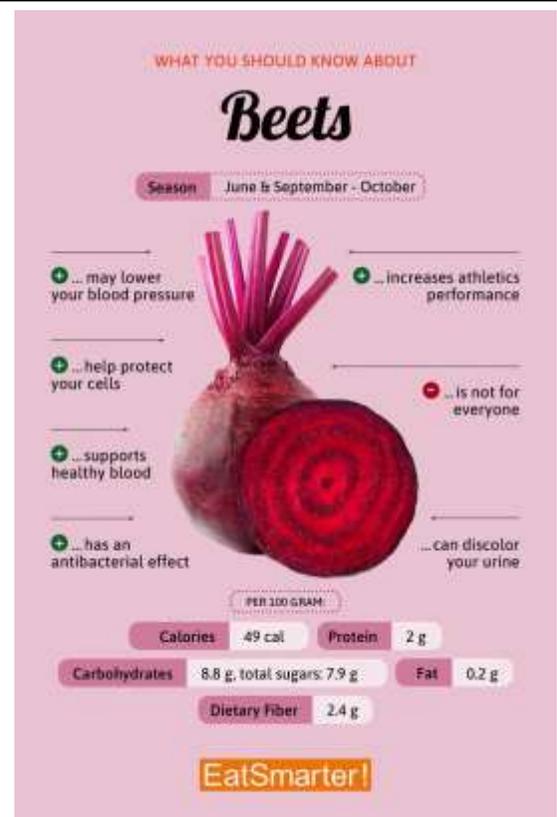
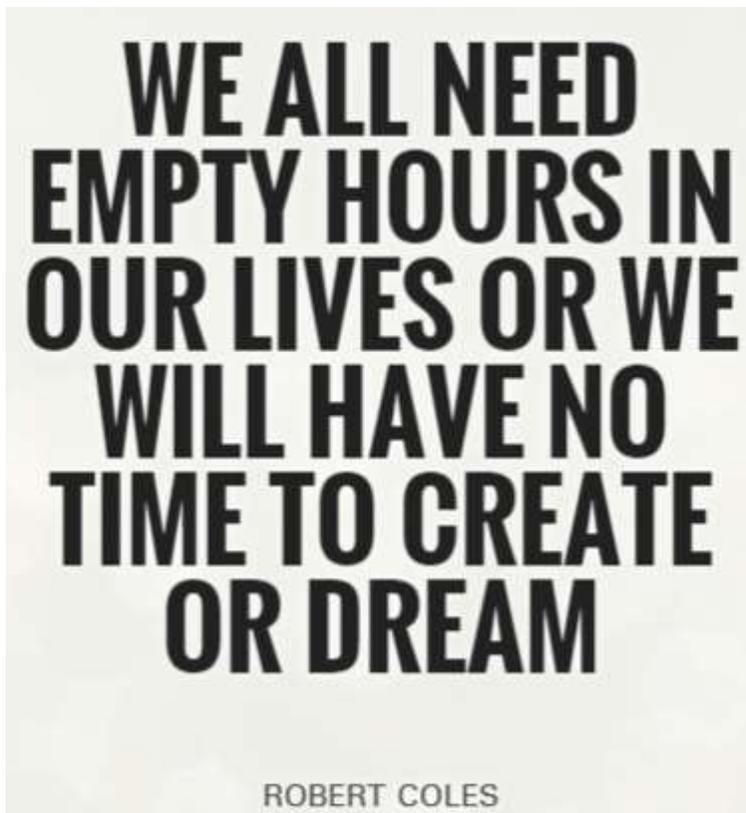
Ticks can spread disease, including Lyme disease. Protect yourself:

- Use insect repellent that contains 20 - 30% DEET.
- Wear clothing that has been treated with permethrin.
- Take a shower as soon as you can after working outdoors.
- Look for ticks on your body. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin.



- Put your clothes in the dryer on high heat for 60 minutes to kill any remaining ticks.

Tick Keys are available at Pike County Conservation and Pike County Tick Borne Diseases Task Force 570-296-3569 for more information.





2023 MENU

Milk included with all meals for \$2.50

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| | | | <p>1 Tossed Salad Turkey Meatballs w/ Tomato Basil Sauce Pasta Zucchini Squash Wheat Bread Ice Cream</p> | <p>2 Minestrone Soup Baked Fish w/ Lemon Rice Medley Cauliflower Dinner roll Fresh Fruit</p> |
| <p>5 Tossed Salad Lemon Chicken Herbed Rice & Peas Dinner Roll Cookies</p> | <p>6 Black Bean/Corn Salad Italian Sausage Peppers & Onions Hoagie Potatoes O'Brien Apple Sauce</p> | <p>7 Three Bean Salad Stuffed Cabbage Mashed Potatoes Carrots Rye Bread Granola Bar</p> | <p>8 Carrot Salad Italian Meatballs Sauce with Ziti & Cheese Pacific Medley Italian Bread Fresh Fruit</p> | <p>9 <i>All Centers Closed Milford Beach Picnic</i></p> <p>PICNIC</p> |
| <p>12 Tomato Juice Battered Fish Sticks Potato Wedges Corn Wheat Bread Fruited Jell-O</p> | <p>13 Cranberry Juice Turkey Burger Bun Southwest Mayo Baked Beans Succotash Peaches</p> | <p>14 Green Bean & Tomato Salad Chicken Nuggets Potato O'Brien Broccoli Medley Dinner Roll Fresh Fruit</p> | <p>15 Beef Barley soup Baked fish Filet Lemon Sauce Rice Medley Broccoli Dinner Roll Mandarin Oranges</p> | <p>16 Tossed Salad Stuffed Shells Sauce Zucchini Squash Wheat Bread Ambrosia</p> |
| <p>19 ALL CENTERS CLOSED JUNETEENTH HOLIDAY</p> | <p>20 Broccoli & Chick Pea Salad BBQ Chicken Buttered Noodles Corn & Red Peppers Wheat Bread Pears</p> | <p>21 Cucumber Salad Chicken Cordon Bleu Confetti Rice Peas & Onions Cherry Cobbler</p> | <p>22 Tossed Salad Meat Lasagna Sauce Italian Green Beans Dinner Roll Fresh Fruit</p> | <p>23 Cole Slaw Swedish Meatballs Rotini Pasta Peas & Carrots Rye Bread Pineapples</p> |
| <p>26 Red Beets & Onions Salisbury Steak Mashed Potatoes Gravy Zucchini & Tomatoes Wheat Bread Fresh Fruit</p> | <p>27 Tomato Spinach Orzo Soup Chicken Salad Hoagie Lett, Tomato Pasta Salad Cake</p> | <p>28 Yogurt Cup Ham & Cheese Omelet Ratatouille Home Fried Potatoes Corn Muffin</p> | <p>29 Orange Juice Beef Stroganoff Noodles/Gravy Brussel Sprouts Rye Bread Melon</p> | <p>30 Southwest Corn Chowder Chef Salad (Turkey, Ham, Swiss, Let, Tom) Potato Salad Dinner Roll Cookies</p> |

Seniors Are Our First Priority

2023 Blooming Grove Activities



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| | | | 1 Bingo | 2 Arts & Crafts Cards |
| 5 Cards Dominoes Rummikube | 6 Arts & Crafts <i>Chess after lunch</i> <i>Bigger Shopping Dingmans & Shohola</i> | 7 Cards Dominoes Rummikube <i>Bigger Shopping Mil/Mat</i> | 8 Cards Dominoes Rummikube <i>Bigger Shopping Promised Land</i> | 9 ALL CENTERS CLOSED FOR MILFORD BEACH PICNIC PICNIC |
| 12 Cards Dominoes Rummikube | 13 Arts & Crafts <i>Chess after lunch</i> | 14 Cards Dominoes Rummikube | 15 Bingo | 16 Arts & Crafts Cards |
| 19 ALL CENTERS CLOSED FOR JUNETEENT HOLIDAY | 20 Arts & Crafts <i>Paper Beading with Esther</i> <i>Chess after lunch</i> | 21 Cards Dominoes Rummikube | 22 Bingo | 23 Arts & Crafts Cards |
| 26 Cards Dominoes Rummikube | 27 Arts & Crafts <i>Pendant Making With Eunice</i> <i>Chess after lunch</i> | 28 Cards Dominoes Rummikube | 29 Bingo <i>Celebrate Birthdays</i> | 30 Arts & Crafts Cards |



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

- 6/5- Exercise with Lana
- 6/5- Cards & Games
- 6/12- Cards & Games
- 6/19- CLOSED FOR JUNETEENTH HOLIDAY
- 6/26- Bingo & Birthday Celebration
- 6/26- **Blood Pressure Screening**

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

- 6/6- Cards & Games
- 6/6- Swim 11-12
- 6/13- Card & Games
- 6/20- **Blood Pressure Screening**
- 6/20- Cards & Games
- 6/20- Swim 11-12
- 6/27- Cards & Games
- 6/27- Bingo & Birthday Celebration
- 6/27- 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 Cards, games & bingo Lunch @ 11:45 | 2 CLOSED |
| 5 CLOSED | 6 CLOSED | 7 Cards & Games Exercise Lunch @ 11:45 | 8 Cards, games & bingo Lunch @ 11:45 PLANTING DAY | 9 CLOSED |
| 12 CLOSED | 13 CLOSED | 14 Cards & Games Exercise Lunch @ 11:45 | 15 Cards, games & bingo Lunch @ 11:45 NAIL DAY | 16 CLOSED |
| 19 CLOSED | 20 CLOSED | 21 Cards & Games Exercise Lunch @ 11:45 | 22 Cards, games & bingo Lunch @ 11:45 | 23 CLOSED |
| 26 CLOSED | 27 CLOSED | 28 Cards & Games Exercise Lunch @ 11:45 Birthday Celebration | 29 Cards, games & bingo Lunch @ 11:45 Birthday Celebration | 30 CLOSED |

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------|--------------|--|--------------|---|
| | | | 1 CLOSED | 2 Bingo @ 10:30 Lunch DV High School Chorus |
| 5 CLOSED | 6 CLOSED | 7 Cards Bingo Lunch | 8 CLOSED | 9 ALL CENTERS CLOSED MILFORD BEACH PICNIC  |
| 12 CLOSED | 13 CLOSED | 14 Cards Bingo Lunch | 15 CLOSED | 16 Bingo @ 10:30 Lunch |
| 19 CLOSED | 20 CLOSED | 21 Cards Bingo Lunch  Cash Bingo @ 10 am | 22 CLOSED | 23 Bingo @ 10:30 Lunch |
| 26 | 27 | 28 Cards Bingo Lunch | 29 | 30 Bingo @ 10:30 Lunch **Birthday Celebration** |

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.lakereqioniga.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: 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

* 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

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