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Please remember to make reservation 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

# Are You an Older Adult Facing Changes to Your SNAP Benefits?

## Help with Food and Meals is Available

Many new "post-COVID" happenings are occurring, not the least of these are the changes in the emergency allotment or EA payments for those receiving SNAP benefits for groceries from the Department of Human

Services (DHS)

www.dhs.pa.gov/SNAPCares

Changes in federal law mean that states will no longer be able to issue these additional EA payments. The extra payment in the second half of the month will stop after February 2023. This means that starting March 1, 2023, you will only receive one regular SNAP payment, like you did prior to the COVID-19 pandemic.

You can call **211** or visit <a href="https://www.211pa.org">www.211pa.org</a> to connect with various local food resources, or to locate your local Area Agency on Aging

## Pike County Area Agency on Aging

# Shake Your Shamrocks With Us At The Matamoras Center



Matamoras Fire House 506 Ave. Q Matamoras, PA 18336

> Friday, March 17, 2023 Time 10:00 am Price: \$3.00 per person

#### Menu

Beef Barley Soup Corned Beef & Cabbage Potatoes / Carrots Rye Bread Mint Pie

# Also <u>Live Irish Music</u> By: The Parting Glass Band

**Entertainment By:** 

Sheahan-Gormley School of Irish Dance **914-715-9914** 



Reservations REQUIRED 570-775-5550



IRS trained Tax Preparers will be at Blooming Grove and Matamoras Boro Hall for tax payer assistance for those with low to moderate income, with special attention to those age 60 or older

#### This will be by appointment ONLY

Tuesdays, at Matamoras Borough Hall and Wednesdays in Blooming Grove.
Call 570-775-5550 to make an appointment

It is **IMPERATIVE** that you bring a form of ID for you and your spouse, if applicable and a copy of last year's income tax returns.

\*If you purchased health insurance through the Health Care marketplace you must bring form 1095\*

Please call 570-775-5550 for more information

#### March Greetings

Spring-time is in the air. I hope that as of you reading this that we are not getting another Spring "Whopper" of a snow storm, but we do live in the Northeast!...



#### March is National Nutrition Month

"Eat with the environment in mind by enjoying more plant-based meals. Purchase foods with minimal packaging. Buy foods in season and shop locally when possible. Start a garden to grow food at home."

Eat a variety of foods from all food groups whether fresh, frozen, canned or dried. Include your favorite cultural foods and traditions in your meals. Avoid fad diets that promote unnecessary restrictions and practice self-love."

"Plan your meals and snacks to stay nourished and save money. Check your pantry before buying more food, use a grocery list while shopping and shop the sales. Educate yourself about community resources and governmental programs such as the Supplemental Nutrition Assistance Program, the Special Supplemental Nutrition Program for Women, Infants and Children and local food banks."



Dementia Friends ask for a presentation, we have Dementia Champions available to provide information to you and your group.





Thank you to the children of the Momentum Church for the handmade Valentine Day cards for our Home Delivered Meal recipients.

Anne Spinelli, Ellianna Krajacic (little girl), Dianne Krajacic, Pastor Joe Krajacic and Augustus Krajacic.

## **Property Tax/Rent Rebate Program**

PA Department of Revenue is urging online applications for the rebate.

Application Deadline: June 30, 2023

You can do the forms online now with Mypath go to: https://www.revenue.pa.gov/

Property Tax/Rent Rebate Program: 1-888-222-9190

This year we will try and help as many people as possible with the MyPath on line application The rebate program benefits eligible Pennsylvanians age 65 and older; widows and widowers age 50 and older; and people with disabilities age 18 and older. The income limit is \$35,000 a year for homeowners and \$15,000 annually for renters, and half of Social Security income is excluded. Spouses, personal representatives or estates may also file rebate claims on behalf of claimants who lived at least one day in the claim year and meet all other eligibility criteria. The maximum standard rebate is \$650, but supplemental rebates for qualifying homeowners can boost rebates to \$975. The Property Tax/Rent Rebate Program is one of five programs supported by the Pennsylvania Lottery. Since the program's 1971 inception, older and disabled adults have received more than \$7.6 billion in property tax and rent relief. The rebate program also receives funding from slots gaming.

## **DONATE TODAY**

The Senior Center is partially funded through a grant from our County government and by Pike County Area Agency on Aging under Title 111 of the Older Americans Act. All title 111 Service Providers are required by the state to implement a donation policy. We will accept any donations made to the program. Please make checks payable to the Pike County Area Agency on Aging. Thank you!

#### Cooking for 1 or 2

Classes starting soon. If interested please call our office 570-775-5550.

Classes will be held mid morning in Blooming Grove





St. John's 570-775-6791 St. Ann's 570-832-4275

Angelo- 570-775-2755 Frank -347-446-9636 or text

PLEASE CALL

Donations are welcomed but not necessary



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



#### Scranton/Wilkes-Barre RailRiders

May 24, 2023 you can go see a baseball game. This includes the bus, game, and bag lunch all this for \$22.00 per person.

It will be an afternoon game. Please call if you are interested in this so I know to book bus and game.

Thank you, Lana 570-775-5550 ex.1317



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



Please remember no one will call you on your phone regarding **Medicare** or **Social Security or your utility company** 

You did not win any free gifts!

DO NOT GIVE OUT ANY INFORMATION OVER THE PHONE

These companies will contact you by mail!



Please check with the Pike County State Health Center for updates on vaccine availability 570-296-6512 The March wind roars, Like a lion in the sky, And makes us shiver, As he passes by.



Wednesday, March 15th @ 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



Daylight Savings time begins Sunday March 12th Please remember to set your clocks ahead



## 2023

## **MENU**

		<i>023</i>	IVIENU	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ramadan is the 9th month in the Islamic calendar, a holy month for Muslims, who fast, pray & practice introspection during this time. In 2023, Ramadan begins on March 22nd and ends on April 20th with the celebration of Eid.		1 Tossed Salad Vegetable Lasagna Pacific Medley Wheat Bread Fresh Fruit	2 Cream of Tomato Soup Hot Dog (s)/Bun Baked Beans Succotash Pears	3 Split Pea Soup Fish Sticks Tartar Sauce Roasted Potatoes Peas Fruit Crisp
6 Cranberry Juice Hot Turkey/Gravy Biscuit Potatoes & Vegetables Peaches	7 Three Bean Salad Meatloaf/Gravy Mashed Potatoes Spinach Dinner Roll Jell-O	8 Black Bean & Corn Salsa Chili Con Carne Rice Confetti Corn Corn Muffin	9 Apple Juice Garlic Chicken Fingers Sauce Roasted Potatoes Peas & Onions Wheat Bread Cookies	10 Squash Soup Baked Manicotti Sauce Italian Green Beans Italian Bread Fresh Fruit
13 Chick Peas & Broccoli Salad Stuffed Shells Sauce Zucchini Squash Wheat Bread Fruit Cocktail	14 Apple Juice Lemon Chicken Rice Medley Brussel Sprouts Dinner Roll Fresh Fruit	15 Tomato & Green Bean Salad BBQ Chicken Breast Roasted Potatoes Harvard Beets Rye Bread Cookies	16 Cabbage Soup Irish Stew Scalloped Potatoes Carrots Pistachio Pudding	17 Beef Barley Corned Beef & Cabbage Carrots Potatoes Rye Bread Mint Pie
20 Lentil Soup Baked Fish Filet Rice Pilaf Tuscan medley Wheat Bread Fresh Fruit	21 Cole Slaw Chicken Teriyaki Stir Fried Vegetables Rice Wheat Bread Fruit Cocktail	22 Orange Juice Swedish Meatballs Noodles Peas & Carrots Rye Bread Fruit Cocktail	23 Red Cabbage Slaw Pork & Sauerkraut Mashed Potatoes Peas & Carrots Rye Bread Cake	24 Red Beets & Onions Tuna Noodle Casserole Corn & Red Peppers Dinner Roll Fresh Fruit
27 Tossed Salad Italian Meatballs Sauce Steamed Spinach Italian Bread Pears	28 Chicken Gumbo Vegetable Nuggets Potato Puffs Corn Dinner Roll Fresh Fruit	29 Yogurt Cup Sausage, Pepper & Onions Hoagie Pasta Toss w/Peas Melon Slice	30 Orange Juice Stuffed Cabbage Sauce Mashed Potatoes Peas & Carrots Rye Bread Cake	31 Italian Wedding Soup Chicken Caesar Salad ** Croutons Shredded Cheese Potato Salad Mandarin Oranges

**Seniors Are Our First Priority** 

### March

## 2023 Blooming Grove Activities

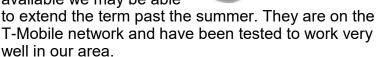


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Cards Dominoes, Rummikube	2 Bingo	3 Arts & Crafts Cards
6 Medical Transport	7 Arts & Crafts  Chess after lunch	<b>8</b> Cards Dominoes, Rummikube	9 Bingo	<b>10</b> Arts & Crafts Cards
13 Medical Transport  Advisory  Board  Meeting	14 Arts & Crafts  Chess after lunch  Bigger Shopping  Dingmans &  Shohola	15 Cards Dominoes, Rummikube  Bigger Shopping Mil/Mat	Blood Pressure @ 10:00  Bigger Shopping Promised Land	17 Arts & Crafts Cards
<b>20</b> Medical Transport	21 Arts & Crafts  Chess after lunch	<b>22</b> Cards Dominoes, Rummikube	23 Bingo	24 Arts & Crafts Cards
27 Medical Transport	28 Arts & Crafts  Chess after lunch	<b>29</b> Cards Dominoes, Rummikube	30 Bingo Celebrate Birthdays Nutrition Speaker	31 Arts & Crafts Cards

\*\*Cesar Chavez day is observed every year on March 31st. It celebrates the birthday and work of civil rights and labor movement leader Cesar Chavez.

It was one of those March days
when the sun shines hot and the
wind blows cold: when it is
summer in the light, and winter in
the shade.
- Charles Dickens

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



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



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

3/6-Bingocize @ 12:30 3/13-Cards & Games

3/13—Nutrition Speaker @ 11:30

3/20—Cards & Games

3/27— Cards & Games

3/27—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



3/7-Cards & Games

3/7—Swim 11-12

3/14-Card & Games

3/14 - Exercise with Lana

3/21-Cards & Games & Swim 11-12

3/21—Nutrition Speaker

3/28-Cards & Games

3/28 - Bingo & Birthday Celebration

3/28—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	
PA	GI	1 Cards & Games Exercise Lunch @ 11:45	2 Cards, games & bingo Lunch @ 11:45	3 CLOSED	
6 CLOSED	7 CLOSED	8 Cards & Games Exercise Lunch @ 11:45	<b>9</b> Cards, games & bingo Lunch @ 11:45 <i>Nutrition Speaker @ 11:30</i>	10 CLOSED	
13 CLOSED	14 CLOSED	<b>15</b> Cards & Games Exercise Lunch @ 11:45	16 Cards, games & bingo Lunch @ 11:45	17 CLOSED	
20 CLOSED	21 CLOSED	<b>22</b> Cards & Games Exercise Lunch @ 11:45	23 Cards, games & bingo Lunch @ 11:45	24 CLOSED	
27 CLOSED	28 CLOSED	29Cards & Games Exercise Lunch @ 11:45 Birthday Celebration	30 Cards, games & bingo Lunch @ 11:45 Birthday Celebration	31 CLOSED	

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

Manday	Tuesday	Moderandou	Thursday	Fuida
Monday	Tuesday	Mednesday  1 Cards Bingo Lunch	Thursday  2 CLOSED	3 Bingo @ 10:30 Lunch Exercise & Line Dancing
6 CLOSED	7 CLOSED	8 Cards Bingo Lunch	9 CLOSED	10 Bingo @ 10:30 Lunch Exercise & Line Dancing
13 CLOSED	14 CLOSED	15 Lunch \$250 Cash Bingo@ 10 am	16 CLOSED	17 Bingo @ 10:30 Lunch Exercise & Line Dancing St. Patrick's Day Party
20 CLOSED	21 CLOSED	<b>22</b> Cards Bingo Lunch	23 CLOSED	24 Bingo @ 10:30 Lunch Exercise & Line Dancing Nutrition Speaker
27 CLOSED	28 CLOSED	29 Cards Bingo Lunch	30 CLOSED	31 Bingo @ 10:30 Lunch Exercise & Line Dancing  Birthday Celebration



ΡJ Day In Lackawaxen



PJ Day at Saw Creek



**PJ Day in Matamoras** 



Happy Birthday Jean, Maria, Cherie & Max



Happy Birthday Dot, Jean, Ginny, Cherie & Max



## 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.

## **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