



2023

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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

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



*Eligibility requirements

Pike County Area Agency on Aging



Friday, May 26th
Eastern Pike Center @
Matamoras Fire House
506 Avenue Q
Matamoras, PA 18336
10:00 am
\$3.00

Waldorf Salad
Stuffed Chicken Breast with
Broccoli & Cheese
Scalloped Potatoes
Harvard Beets
Dinner Roll
Cheese Cake Minis

Entertainment

Please call for reservations
570-775-5550

30th Annual National Senior Health & Fitness Day May 31, 2023

More than 100,000 older adults will participate in health events across the country. National Senior Health & Fitness Day is celebrated annually on the last Wednesday of May.

Pike County Area Agency on Aging will celebrate Senior Health & Fitness Day on Wednesday, May 31st at the Matamoras Senior Center.

We will have exercise, walking, speakers, nutrition, and blood pressure.

Eastern Pike Center @ Matamoras
Matamoras Fire House
506 Avenue Q
Matamoras, PA 18336

Please come join us lunch is at 11:30 donation of \$2.50.
 Our event will start at 10:00 am
 Reservations Required Call 570-775-5550

Happy May to Everyone,

You gotta like the warmer weather. April was nice and all, and we do have blooms, so the rain was beneficial. We are starting the spring gardening at the centers, so if interested, pick up your portable seed trays. We want everyone to get into the dirt! At the Agency, we are fortunate to have been the expertise of some extraordinary work by the Penn State Master Gardener's program. Look for some beautification coming up.

We are working with a number of new staff. Our Protective Services Team has now become complete. Thanks to all Robin and her team do to protect, respond to, and prevent various types of elder abuse, neglect, and exploitation. If you or someone you know is a victim of elder abuse, call **800-490-8505**.

In April, I was able to hold our Advisory Council meeting at our Active Adult Center at Saw Creek's Top of the World Restaurant. A number of council members as well as Commissioner Waldron were treated to a lovely salad bar buffet, a nutrition presentation, and conduct our meeting in a gorgeous dining room. Thanks to Cherie Bland and all of her folks for their hospitality.

As you read this, we will have celebrated our annual volunteer recognition event from RSVP at the Ladore Conference Center in Waymart. Dawn, Mary-Grace, Pam, & Karen and all of their oversight committee are to be commended for the event.

We have learned that the Farmer's Market Nutrition program will now be increased to \$50.00/pp vouchers



New for 2023:

5 X \$10.00 vouchers!

More information in the beginning of June.

Now you can join the **Walk with Ease** program which includes health education, stretching and strengthening exercises, and motivational strategies. The program includes a guidebook and a walking schedule to get you safely moving toward better health.

10 years ago, DV High School hosted our Fitness Walk



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.



PAPER BEADS

This is really exciting on Tues. May 16th 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 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 16th.

Thanks,

Lana

Please call 570-775-5550 for Reservations.

PENNSYLVANIA PROPERTY TAX or RENT REBATE PROGRAM 2022

AARP trained tax volunteers will be at our Blooming Grove senior center on Tuesday, May 30th and Wednesday, May 31st to file your Property Tax Rebate Form.

Please call 570-775-5550 to schedule an appointment.



KNIGHTS OF COLUMBUS

Council 12571



FOOD FOR FAMILIES & FRIENDS PROGRAM

TAKE OUT DINNERS

MUST CALL IN FOR RESERVATION

**CUBAN SLOW
ROASTED PORK**



Sun., May 7 -1:30-3:00

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

Polla y Arroz

(Chicken & Rice)



Sun., May 14 1:30-3:00

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

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

**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.





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



6 Health Benefits of Cucumbers

Cucumbers are a hydrating fruit rich in fiber, vitamins A, K and C, potassium, calcium, antioxidants and Cucurbitacin B, according to registered dietitian Amber Sommer. Pickled cucumbers may contain probiotics to support gut health, while plain cucumbers may be blended into smoothies, juiced, dipped or used like a cracker for cream cheese or other toppings, Sommer says

Cucumbers offer essential nutrients, too. One serving of cucumber delivers:

- 16.4 micrograms of vitamin K (14% daily value).
- 147 milligrams of potassium (3% daily value).
- 2.8 milligrams of vitamin C (3% daily value).
- 16 milligrams of calcium (1% daily value).

Make water your beverage of choice especially during warmer weather. Get a reusable water bottle. Fill it up and take it with you no matter where you go. Squeeze in some flavor. Add lemon or lime juice to your water to make it more appealing and refreshing. Order water when out to eat. It will save you money and excess calories. Check your thirst **first. If you're feeling hungry, have a glass** of water to see if your hunger subsides. People often mistake hunger for thirst.



Wednesday, May 17th
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



Cinco de Mayo, or the fifth of May, is a holiday that celebrates the date of the Mexican army's May 5, 1862 victory over France at the Battle of Puebla during the Franco-Mexican War. The day, which falls on Friday, May 5th in 2023, is also known as Battle of Puebla Day.

source: history channel <https://www.history.com>

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



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



Will be starting in June. Please see our June newsletter for distribution information as well as some exciting changes.

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



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, **May 23rd**
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.



2023 MENU

Milk included with all meals for \$2.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May Day 1 Beef Barley Soup Tuna Salad Hoagie Lett & Tomato Macaroni Salad Fresh Fruit	2 Yogurt Cup French Toast Sticks Sausage Patty Warmed Apples & Cinnamon Fruit Cocktail	3 Mandarin Salad Chicken Stir Fry Asian Blend Vegetables Rice Wheat Bread Pears	4 Tossed Salad Manicotti Sauce Zucchini & Tomatoes Dinner Roll Pudding	5 Corn & Black Bean Salsa Tacos (taco meat, lettuce, tomato, cheese) With Soft Shells Spanish Rice Corn & Red Peppers Ice Cream
8 Red Beets & Onions Sausage, Peppers & Onions on Hoagie Roasted Sweet Potato Wedges Cookies	9 Three Bean Salad Herbed Chicken Couscous Broccoli Medley Wheat Bread Mandarin Oranges	10 Coleslaw Meatloaf Mashed Potatoes Carrots Rye Bread Chocolate Cake	11 Tomato Soup Battered Fish Filet Rice Pilaf Zucchini Rye Bread Fresh Fruit	12 Tossed Salad Stuffed Shells Sauce Spinach Wheat Bread Fruited Jell-O
15 Cranberry Juice Beef Stroganoff Noodles Brussel Sprouts Apple Sauce	16 Cream Of Broccoli Soup Chicken Cesar Salad Croutons Pasta Salad Dinner Roll Fruited Jell-O	17 Orange Juice Swedish Meatballs Gravy Mashed Potatoes Corn Rye Bread Cookies	18 V-8 Juice Vegetable Lasagna Carrots & Peas Italian Bread Banana Cake	19 Cucumber Salad BBQ Chicken Breast Roasted Potatoes Baked Beans Dinner Roll Fresh Fruit
22 Cottage Cheese & Fruit Macaroni & Cheese Stewed Tomatoes Dinner Roll Fruited Jell-O	23 Spinach Salad Fettuccini with Red Sauce with Sausage Green Beans Wheat Bread Ambrosia	24 Carrot Raisin Salad Hot Dog (s) on a Bun Baked Beans Warm Pasta Toss with Vegetables Fresh Fruit	25 Broccoli & Chick Pea Salad Chicken Strips in Garlic Sauce String Bean Medley Red Potatoes Pudding	26 Waldorf Salad Stuffed Chicken Breast with Broccoli & Cheese Scalloped Potatoes Harvard Beets Dinner Roll Cheese Cake Minis
29 All Centers Closed for Memorial Day Holiday 	30 Apple Juice Pork & Sauerkraut Mashed Potatoes Succotash Wheat Bread Cookies	31 Corn Chowder Stuffed Peppers Sauce Buttered Noodles Squash Rye Bread Jell-O	<div>Seniors Are Our First Priority</div>	



2023 Blooming Grove Activities



Monday	Tuesday	Wednesday	Thursday	Friday
1 Cards Dominoes Rummikube	2 Arts & Crafts <i>Chess after lunch</i>	3 Cards Dominoes Rummikube	4 Bingo	5 Arts & Crafts Cards 
8 Cards Dominoes Rummikube <i>Advisory Board Meeting @ 12:30</i>	9 Arts & Crafts <i>Chess after lunch</i> <i>Bigger Shopping Dingmans & Shohola</i>	10 Cards Dominoes Rummikube <i>Bigger Shopping Mil/Mat</i>	11 Cards Dominoes Rummikube <i>Bigger Shopping Promised Land</i>	12 Arts & Crafts Cards
15 Cards Dominoes Rummikube	16 Arts & Crafts <i>Chess after lunch</i> <i>Paper Beading @ 10:00 am</i>	17 Cards Dominoes Rummikube	18 Bingo	19 Arts & Crafts Cards
22 Cards Dominoes Rummikube	23 Arts & Crafts <i>Chess after lunch</i> <i>Pendant Making With Eunice</i>	24 Cards Dominoes Rummikube	25 Bingo <i>Celebrate Birthdays</i>	26 Arts & Crafts Cards
29 All Centers Closed Memorial Day Holiday	30 Arts & Crafts <i>Chess after lunch</i>	31 Cards Dominoes Rummikube		



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



5/1-Bingocize @ 12:30
5/1- Exercise with Lana
5/1- Cards & Games
5/8-Cards & Games
5/15-Cards & Games
5/22- Cards & Games
5/22-Bingo & Birthday Celebration
5/29-Closed for Memorial Day

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



5/2-Cards & Games
5/2-Swim 11-12
5/9-Card & Games
5/9 - Exercise with Lana
5/16-Blood Pressure
5/16-Cards & Games
5/16-Swim 11-12
5/23-Cards & Games
5/30- Bingo & Birthday Celebration
5/30-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 CLOSED	2 CLOSED	3 Cards & Games Exercise Lunch @ 11:45	4 Cards, games & bingo Lunch @ 11:45	5 CLOSED
8 CLOSED	9 CLOSED	10 Cards & Games Exercise Lunch @ 11:45	11 Cards, games & bingo Lunch @ 11:45	12 CLOSED
15 CLOSED	16 CLOSED	17 Cards & Games Exercise Lunch @ 11:45	18 Cards, games & bingo Lunch @ 11:45	19 CLOSED
22 CLOSED	23 CLOSED	24 Cards & Games Exercise Lunch @ 11:45	25 Cards, games & bingo Lunch @ 11:45	26 CLOSED
28 CLOSED	29 CLOSED	30 Cards & Games Exercise Lunch @ 11:45 <i>Birthday Celebration</i>	31 Cards, games & bingo Lunch @ 11:45 <i>Birthday Celebration</i>	



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

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED	2 CLOSED	3 Cards Bingo Lunch	4 CLOSED	5 Bingo @ 10:30 Lunch **Cinco DeMayo Party** **Walk With Ease**
8 CLOSED	9 CLOSED	10 Cards Bingo Lunch	11 CLOSED	12 Bingo @ 10:30 Lunch **Walk With Ease**
15 CLOSED	16 CLOSED	17 Lunch \$250 BINGO <i>Cash Bingo @ 10 am</i>	18 CLOSED	19 Bingo @ 10:30 Lunch **Walk With Ease**
22 CLOSED	23 CLOSED	24 Cards Bingo Lunch	25 CLOSED	26 Bingo @ 10:30 Lunch **Spring Fling** **Birthday Celebration** **Walk With Ease**
29	30	31 Cards Bingo Lunch <i>Health & Fitness Day</i>	<i>"In the end, it's not the years in your life that count. It's the life in your years." – Abraham Lincoln</i>	



*St. Patrick's Day Celebration @ Eastern Pike
Center in Matamoras*

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: 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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