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Thank You to everyone who participated in the recent

Master Plan On Aging for Pike

County. Your voices will be heard.



Medicare

OPEN ENROLLMENT

PA Medi

For this year, the annual open enrollment appointments can be made by calling:

570-624-3034.

See inside, page 4 for more information!



Ukulele

Lessons?

We are taking interested participants

570-775-5550

Help us celebrate at our Annual
Red White & Blue Thanksgiving
Luncheon Honoring our Veterans

Friday, November 16th

Lackawaxen/Shohola Twnp. Center

Time: 10:00 am

Lunch: 11:30 am

Price: \$3.00

Roast Turkey Dinner &

All the fixin's

Free Lunch for All
Veterans

Reservations Required

Please Call 570-775-5550

Election Day Important Dates

October 31st Last day to apply for a mail-in civilian absentee ballot

November 7th Last day local election offices can receive an absentee ballot (must be received by 8:00pm)

November 7th Election Day

Fall is here and we finally get to enjoy the beautiful Pike County scenery. The hunters will soon be doing what they do best before the snow flies. I am pleased to say I see an increase in our senior center participation. Please continue to visit the centers as we will have new programs beginning. Lana is very excited to share the news. Bravo to you all for getting out and enjoying what we have to offer. We are getting ready for the holidays with our Thanksgiving offerings. Please call the office if you need assistance and to reserve a turkey dinner. Our great supporters that help each year prepare all the meals are looking for monetary donations due to the increased cost of food. Please remember our "Support a Senior" program which can help with the holiday meal.

Open enrollment for is finishing up so make an appointment asap if you need assistance at 570-624-3034.

Please remember to salute and support our Veterans as we are so thankful for the freedoms we are able to have.
Happy Thanksgiving!



Suggested lunch donation \$3.00

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.**

THANKSGIVING MEALS available

**Remember to contact office by November
15th, 2023**

**(unfortunately no requests can be taken after
this date)**

**Take out meals can be picked up
at the following locations:**

**Delaware Township Building 116 Wilson Hill
Rd Dingmans Ferry @ 11 AM**

**Good Shepherd Episcopal Church of Milford
110 W. Catherine St. Milford @12 PM**

SPONSOR A SENIOR IN HOME DELIVERED MEALS PROGRAM

Our numbers are up and our funding is down. Do 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.

Veterans Assistance Hours for Pike County Vets

November

Pike County Veterans Affairs office is open Monday-Friday 4:30-4:30pm 570-296-3563

For Veterans Assistance in Blooming Grove, Greentown, Dingman's, Lackawaxen, Milford, Matamoras, Palmyra, Shohola, and Westfall Townships: Representative Joe Adams has Assistance provided by staff from the American Legion. Veterans do not need a membership with the legion to receive these services. This outreach is in addition to the services already being provided by the Wayne and Pike County Veteran's Affairs offices. **Second Monday of every month at Hawley District Office 2523 Rt. 6** For Veterans Assistance in Lehman, Delaware, and Porter Township contact (570) 420-2850 for Rep. Probst's office 18 South 9th Street

- **Veterans Crisis Line: 800-273-8255**
- **More information can be found at VA.GOV**



Call Lana for the next round of dance lessons Ext. 1316



Vouchers are good until November 30th at other locations or Farm Markets



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

\$5.00 per card to play

Please call 570-775-5550 for
reservations

NEWS FROM SOCIAL SECURITY FOR 2024!!!

The Social Security Administration recently issued the 2024 Cost-of-Living Adjustment (COLA). Social Security and Supplemental Security (SSI) beneficiaries will receive a 3.2% COLA for 2024. COLA notices are typically mailed out to retirement, survivors and disability beneficiaries, SSI recipients and representative payees throughout the month of December. If you establish a personal "my social security" account on or before November 14, 2023, you will be able to view COLA notices online

Welcome to Fall

PA MEDI provides free, unbiased personalized help with detailed information about:

- Original Medicare
 - Medigap (Medicare supplement)
 - Medicare Advantage plans
 - Prescription drug plans
 - Enrollment assistance
 - Medicare rules, notices, and billing concerns
 - Medicare financial assistance programs
 - Medicare appeals
 - Long-term care insurance
- Coordination of benefits

Lackawaxen ladies
getting crafty with their
pumpkins.>>>>>>>>

Thank you Donna & Ruth



Community Lunch

All are welcome!

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

When: Thursday, November 16

Where: Good Shepherd Parish Hall

Corner of W. Catharine & 5th Sts.

Time: 11:30 – 1:00 pm

Doors open at 11:30 and the meal is served from 12 to 1

Cost: None

A Community Outreach Program of the



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.



Member FDIC

Retired & Senior Volunteer Program of Berks, Pike & Wayne Counties VOLUNTEER OPPORTUNITIES

Pike County Area Agency on Aging
Senior Center Kitchen & Meal Delivery
Metamoras, Bushkill, Blooming Grove

Pike County Hands of Hope
Hotline Volunteers
Food Pantry Volunteers

Bushkill Outreach
Food Collection/Distribution
Box Truck Driver for Food Pick-up

American Red Cross
Blood Donor Ambassador
Disaster Relief

Serving Seniors, Inc.
Volunteer Ombudsman

RSVP Senior CHAT Program
Call seniors who are isolated or
Refer someone to receive a friendly call

Dawn Houghtaling, RSVP Coordinator 570-390-4540
or Email: houghtalingd@diakon.org

AmeriCorps Seniors *RSP is funded by AmeriCorps and sponsored by Diakon Community Services. **DIAKON** Community Services

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

Costa's Golf Outing



Adaptive Clothing >>>>>>
Workshop @ Blooming Grove



Blooming Grove's Ashley & David



Blooming Grove Birthdays Sandra (above, and John subbing for Kathy, right)



Dan Leone (PMLE)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fun Fact: The first Thanks- giving table had Venison, Swan, Goose, Lobster, Oysters & NO TURKEY!		1 Orange Juice Baked Fish Fillet Corn Salsa Orzo & Broccoli Wheat Bread Fresh Fruit	2 Tossed Salad Stuffed Chicken Breast Rice Creamed Spinach Rye Bread Peaches	3 Corn Chowder Meat Lasagna Italian Green Beans Italian Bread Pudding
6 Yogurt Cup Pierogies w/ Peppers & Onion Sour Cream Dip Peas Fruited Jello	7 Cranberry Juice Hearty Beef Stew Mashed Potatoes Roasted Root Veg- etables Wheat Bread Fresh Fruit	8 Red Beets & Onions Swedish Meatballs w/sauce Buttered Noodles Succotash Rye Bread Ambrosia	9 Cream of Broccoli Soup BBQ Chicken Breast Baked Potato Peas & Carrots Rye Bread Cake	10 Closed In Honor of Our Veterans Happy Veteran's Day Weekend
13 Red Cabbage Slaw Teriyaki Meatballs Stir Fried Vegeta- bles Rice Wheat Bread Fresh Fruit	14 Split Pea Soup Chef Salad (turkey, ham, cheese) Potato Salad Dinner Roll pudding	15 Cream of Tomato Soup Fish Sticks Tator Tots Glazed Carrots Rye Bread Pears	16 Pasta Fagioli Soup Roast Turkey Gravy & Stuffing Mashed Potatoes Peas & Onions Dinner Roll Pumpkin Pie	17 Cole Slaw Sausage, Pepper, & Onion Hoagie Roasted Potato wedges Pacific Medley Cookies
20 Waldorf Salad Salisbury Steak Mashed Potatoes Gravy Brussel Sprouts Dinner Roll Pineapples	21 V-8 Juice Chicken Teriyaki Rice Asian Blend Veg Wheat Bread Fresh Fruit	22 Apple Juice Stuffed Cabbage/ Tomato Sauce Mashed Potatoes Corn Rye Bread Ice Cream	23 Closed for Thanksgiving Weekend	24 Holiday Centers Closed
27 Minestrone Soup Veggie Patty Bun Lett/Tom/Cheese Potatoes O'Brien Peaches	28 Tossed Salad Stuffed Shells & Sauce Ratatouille Italian Bread Banana Cake	29 Black Bean Salsa Chicken Fajitas (roasted vegetable/ tortilla) Spanish Rice Fresh Fruit Crisp	30 Cucumber Salad Beef Stroganoff Pasta Carrots Wheat Bread Apple Sauce	



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cards Dominoes Rummikube	2 Bingo	3 Arts & Crafts Cards
6	7 Arts & Crafts Chess after lunch Don't Forget to VOTE	8 Cards Dominoes Rummikube Bigger Shopping Mil/Mat	9 Bigger Shopping Promised Land	10 Closed in Honor of Veteran's Day
13 Cards Pike County AAA Advisory Council Meeting	14 Arts & Crafts Chess after lunch	15 Cards Dominoes Rummikube	16 Grab 'N Go Lunch only today	17 Arts & Crafts Cards
20 Cards Dominoes Rummikube	21 Arts & Crafts Chess after lunch	22 Cards Dominoes Rummikube	23 Happy Thanksgiving	24 Holiday
27 Cards Dominoes Rummikube	28 Arts & Crafts Chess after lunch	29 Cards Dominoes Rummikube	30 Bingo Birthday Celebration	

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.



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

11/6- Speaker Exercise w/ Lana

11/13- Cards & Games

11/20 - **Blood Pressure Screening**

11/27-Bingo & Birthday Celebrations



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

11/7-Cards & Games
Swim 11-12

11/14- Exercise with Lana
Cards & Games
Swim 11-12

11/21-Cards & Games

Blood Pressure Screening

11/28 -Swim 11-12

11/28- 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

November

Lackawaxen/Shohola Township 9 am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Cards & Games Exercise Lunch @ 11:45	2 Cards, games & bingo Lunch @ 11:45 <i>Exercise with Hella</i>	3 CLOSED
6 CLOSED	7 CLOSED	8 Cards & Games Exercise Lunch @ 11:45	9 Cards, games & bingo Lunch @ 11:45 <i>Nail Day</i>	10 CLOSED
13 CLOSED	14 CLOSED	15 Cards & Games Exercise Lunch @ 11:45	16 Red, White, & Blue Veteran's Celebration Lunch @ 12:00 Music	17 CLOSED
20 CLOSED	21 CLOSED	22 Cards & Games Exercise Lunch @ 11:45	23 Happy Thanksgiving to All Center is closed	24 CLOSED
27 CLOSED	28 CLOSED	29 Cards & Games Exercise Lunch @ 11:45 <i>Birthday Celebration</i>	30 <i>Cards, games & bingo</i> <i>Lunch @ 11:45am</i>	

November

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

Monday		Tuesday	Wednesday	Thursday
		1 Cards Bingo Lunch	2 CLOSED	3 Bingo @ 10:30 Lunch Exercise & Dancing with Lana
6 CLOSED	7 CLOSED	8 Cards Bingo Lunch	9 CLOSED	10 Closed in Honor Of Veteran's Day
13 CLOSED	14 CLOSED	15 Cards Bingo Lunch <div><div>\$200</div><div>BINGO</div></div> Cash Bingo@ 10 am	16 CLOSED	17 Bingo @ 10:30 Lunch Exercise & Dancing with Lana Birthday Celebration
20 CLOSED	21 CLOSED	22 Cards Bingo Lunch	23 CLOSED	24 CLOSED For THANKSGIVING HOLIDAY
27 CLOSED	28	29 Cards, Bingo Lunch	Suggested lunch donation \$3.00	

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 & 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: 570-296-9848)

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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