SEPTEMBER 2023

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Tuesday, September 12, 2023 9:30 am

Golf: \$3.00 the agency will pay the difference.

Lunch: \$6.00 Choices

Cheeseburger,
Hamburger, Hot Dog,
Chicken Tenders or
Grilled Cheese
served with French Fries
and
16 oz. Soft Drink or 10
oz. Coffee
\$2.00 extra for ice cream

Reservations Required:

Call Kathy or Lana 570-775-5550

Pike County Area Agency on Aging

Pike County Area Agency On Aging Wants To Help You

Healthy Steps is an <u>award-winning</u> program designed to have fun and keep seniors on their feet and out of the hospital.

A workshop will be conducted: Staying Active and Preventing Falls

Milford Pike County Public Library 119 E Harford Street Milford, Pennsylvania

Thursday, September 14, 2023 2:30pm to 5:30pm

We will pause periodically for healthy snacks

The workshop is Free Sponsored by

Pike County Area Agency on Aging Pre-registration is required

Call Agency on Aging 570-775-5500 or Library 570-296-8211.

You must be 50 years of age or older to participate.



State Representative Joseph Adams invites you to the 2023

SENIOR CITIZENS EXPO FRIDAY, SEPT. 8th 10 A.M. *to* **2 P.M.**

Dingman Township Fire Hall ●

680 Log Tavern Road, Milford (Off Rt. 739)

The expo will feature more than 50 exhibitors ★Admission to the event is free ★Light refreshments will be offered

Prescription Drug Take-Back by Pike County Sheriff's Office
Pike County Transportation is offering convenient, free transportation to this
year's expo for Pike County residents age 65 and over. You must register in
advance for this service by calling 570-296-3408 or 866-681-4947 by Sept. 7th

For more information, please contact Rep. Adams' office at 570-226-5959

The event gives seniors the opportunity to learn more about services, activities and information in the area that can enhance their quality of life.

Greetings!

Hope everyone is well and enjoying the remainder of the summer. Get out and take advantage of the beautiful weather before the snow flies .

I want to thank our supportive community and Pike County Seniors in participating in another successful Elder Justice Day .

As you may know our Senior Centers activities have resumed and are in full swing. Our Pike County kitchens are continuing to make in home meals ,congregate and grab and go meals available to our seniors. Our numbers have steadily continued to increase, and we are over 1000 meals a week. We ask for a \$3.00 donation per home-delivered meal but even that is sometimes difficult for many older adults. We are asking for your help. Sponsor a senior for \$20.00 to cover cost of in Home Meals for a week. *We are also collecting local gift cards that seniors can use for food delivery from local restaurants or stores that deliver. You can also donate via PAYPAL on our website, www.pikeaaa.org. Our seniors and staff appreciate your understanding and generosity.

Remember to visit a Pike County Senior Center and join in the fun!









The Pennsylvania Department of Aging has embarked on the development of a 10-year strategic plan designed to help transform the infrastructure and coordination of services for Pennsylvania's older adults, and they want your input!

You are invited to contribute what you think should be the plan's priority goals, objectives, and initiatives to support the highest quality of life for older adults.

Join us for a Listening Session

Wednesday, October 11th
Matamoras Fire House,
506 Avenue Q, Matamoras
11:30 A.M.
Lunch is on us!
Call 570-775-5550 for reservations

Study: Kidney stones linked to low veggie, high soda intake

A study published in the Journal of Renal Nutrition found that people with a history of kidney stones were more likely to consume fewer vegetables, nuts, seeds and fresh cheese and to drink more soft drinks than those without a history of kidney stones. Researchers say diet plays a key role in kidney stone formation and recommend clinicians encourage "a diet rich in vegetables, dairy products and limited in meat and salt" along with ample water or unsweetened beverage intake in order to mitigate the rising number of people experiencing kidney stones.

Individuals with kidney stone history were more likely to consume cakes and biscuits. So the bottom line is, it is better to cut-down on processed sweets and sugar-sweetened beverages to decrease stone formation. For more information check out: www.healio.com/topics/diet

RSS. LDN



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

Wednesday, September 20th

10:00 am Sharp

\$5.00 per card to play Please call 570-775-5550 for reservations



When: Thursday, Sept 21 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.

VOLUNTEER OPPORTUNITIES

Pike County Area Agency on Aging

Senior Center Kitchen & Meal Delivery Health & Wellness Programs Training paid for and provided by Pike County

Serving Seniors, Inc. Volunteer Ombudsman

Pike County PA MEDI Volunteer Medicare Counselor

Bushkill Outreach Food Collection/Distribution

Pike County Hands of Hope Hopeline Volunteer (help homeless/near homeless)

American Red Cross

Blood Donor Ambassador

RSVP Senior CHAT Program

Coordinator

Email: houghtalingd@diakon.org



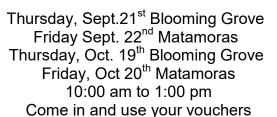


*RSVP is funded by AmeriCorps and sponsored by Diakon Community Services.



Robinson Family Farm Produce Truck

Will be at the following locations





Protect Yourself From Tech Support Scams

Tech support scams are an industry-wide issue where scammers use scare tactics to trick you into unnecessary technical support services to supposedly fix device or software problems that don't exist. At best, scammers are trying to get you to pay them to "fix" a nonexistent problem with your device or software. At worst, they're trying to steal your personal or financial information; and if you allow them to remote into you computer to perform this "fix" they will often install malware, ransomware, or other unwanted programs that can steal your information or damage your data or device.

Scammers may call you directly on the phone and pretend to be representatives of a tech company. They might even spoof the caller ID so that it displays a legitimate support phone number from a trusted company. They'll probably ask you to install applications that give them remote access to your device. Using remote access, these experienced scammers can misrepresent normal system messages as signs of problems.

Scammers might also initiate contact by displaying fake error messages on websites you visit, displaying support numbers and enticing you to call. They may also put your browser in full screen mode and display pop-up messages that won't go away, apparently locking your browser. These fake error messages aim to scare you into calling their "technical support hotline". Turn off your computer.

IMPORTANT: Microsoft error warning messages never include phone numbers.

- Microsoft does not send unsolicited email messages or make unsolicited phone calls to request personal or financial information, or to provide technical support to fix your computer. If you didn't ask them to, they won't call to offer support.
- If a pop-up or error message appears with a phone number, **DON'T** call the number. Error and warning messages from Microsoft never include a phone number.
- Microsoft will never ask that you pay for support in the form of cryptocurrency like Bitcoin, or gift cards.

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, <u>www.pikeaaa.org</u>. Our seniors and staff appreciate your understanding and generosity.

Please make donations payable to: Pike County Area Agency on Aging (PCAAA) Mail to: Pike County Area Agency on Aging, 150 Pike County Blvd., Hawley, PA 18428

Name:		Donation Amount:		
Address:		Zip:		
	Thank you for y	our generosity		



Knights of Columbus COUNCIL 12571

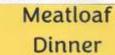


FOOD FOR FAMILIES and FRIENDS PROGRAM

TakeOut Dinners-Call in for Reservations

No dinner at St. John's on Sept. 3

Support ST.ANN"S





\$15.00 per person Chicken, Corn, Potato TRICKY TRAY BASKETS



Sun., Sept. 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

St. John Neumann (570) 775-6791

St. Ann Shohola (570) 832-4275

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







We do not want to disappoint when there isn't enough for walk-ins

For Blooming Grove Lunch Call 570-775-5550

For Lackawaxen Lunch Call 570-685-7808

For Matamoras Lunch call 570-775-5550

For all other centers call 570-775-5550

Thank you for your cooperation.

Advisory Board

Advisory Board Meeting in Blooming Grove Monday, September 11th @ 1:00 PM

Tips to help avoid unwanted calls:

- Be mindful of providing your telephone number at cash registers and checkout points. Your number could be placed on telemarketing lists with any additional consent.
- Be aware of providing contact information when participating in online surveys or contests.
- Entering contests at fairs and public events may lead to future telephone solicitations.

There are several ways in which you can register for the Do Not Call List.

Visit **www.attorneygeneral.gov** to complete the online registration form.

Call the toll-free helpline at 1-888-777-3406

Mail your name, complete mailing address, telephone number (s) and signature to:

Office of Attorney General Bureau of Consumer Protection Do Not Call List Strawberry Square, 15th Floor Harrisburg, PA 17120

Be sure to register your residential landline and cell phones!





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ATTENTION Ple lur reg	1 Red Cabbage Slaw BBQ Chicken Breast Roasted Potato Wedges Broccoli & Cauliflower			
and your donations.	Thank	PA Department of Agi you for your suppor	•	Medley Ice Cream
4 CLOSED FOR LABOR DAY HOLIDAY	5 Yogurt Cup French Toast Sticks Sausage Patty Syrup Warm Apple Compote Blueberry Muffin	6 Cream of Broccoli Soup Veggie Patty/Bun Lett/Tom Baked Beans Corn Cookies	7 Red Beets & Onions Chicken Parmesan Tomato Sauce Pasta Italian Green Beans Dinner Roll Fresh Fruit	8 Orange Juice Swedish Meatballs & Sauce Rotini Peas & Onions Rye Bread Fruit Cocktail
11 Cranberry Juice Chef Salad (Turkey, Ham, Cheese, L & T) Macaroni Salad Dinner Roll Ambrosia	12 Three Bean Salad Baked Fish Filet Scalloped Potatoes Green Beans Wheat Bread Pineapples	13 Tossed Salad Lemon Chicken Breast Herbed Rice Spinach Rye Bread Fresh Fruit	14 V-8 Juice Stuffed Peppers Sauce Mashed Potatoes Zucchini Squash Dinner Roll Chocolate Cake	15 Black Bean Salsa Chicken Fajitas (Roasted Onions & Peppers) Tortilla Spanish Rice Melon slice
18 Cucumber Salad Salisbury Steak Gravy Mashed Potatoes Succotash Rye Bread Fresh Fruit	19 Tossed Salad Meat Lasagna Broccoli Medley Italian Bread Oatmeal Fruit Crisp	20 Carrot Raisin Salad Stuffed chicken Breast Rice Medley Brussel Sprouts Wheat Bread Peaches	21 Beef Barley soup Chicken Caesar Salad (Romaine Lettuce & Chick Strips) Croutons Dressing Potato Salad Sherbet	22 Roasted Corn & Pepper Soup Beef Stroganoff Buttered Noodles Carrots Rye Bread Pudding
25 Orange Juice Stuffed Cabbage Sauce Mashed Potatoes Corn Wheat Bread Cookies	26 Mandarin Salad Teriyaki Meatballs Rice Stir Fried Vegetables Dinner Roll Fruited Jell-O	27 Split Pea Soup Tuna Salad Hoagie (Lett & Tom) Pasta Salad Ice Cream	28 Cucumber/ Tomato Salad Chicken Tenders Potato Puffs Peas & Carrots Rye Bread Pudding	29 Mixed Greens Salad Stuffed Shells Sauce Italian Green Beans Wheat Bread Fresh Fruit



SEPTEMBER 2023 Blooming Grove Activities







Monday	Tuesday	Wednesday	Thursday	Friday
	1 Arts & Crafts Cards			
4 CLOSED FOR LABOR DAY HOLIDAY	5 Arts & Crafts Chess after lunch	6 Cards Dominoes Rummikube	7 Bingo	8 Arts & Crafts Cards
11 Cards Dominoes Rummikube	12 Arts & Crafts Chess after lunch	13 Cards Dominoes Rummikube	14 Bingo	15 Arts & Crafts Cards
Advisory Board Meeting @ 1:00	Costa's Mini Golf Outing Bigger Shopping Dingmans & Shohola	Bigger Shopping Mil/Mat	Bigger Shopping Promised Land	
18 Cards Dominoes Rummikube	19 Arts & Crafts Chess after lunch	20 Cards Dominoes Rummikube	21 Bingo Produce Truck 10:00 –1:00 Diabetes Presentation	22 Arts & Crafts Cards
25 Cards Dominoes Rummikube	26 Arts & Crafts Chess after lunch	27 Cards Dominoes Rummikube	28 Bingo Adaptive Clothing Presentation Celebrate Birthdays	29 Arts & Crafts Cards

Dementia, What Is It? On Wednesday, September 13, 2023 at 1:30 to 3:30 pm You can learn more about Dementia.

Held at Matamoras Fire House, 506 Avenue Q, Matamoras, PA 18336 OUR SPEAKER IS TRYING TO HELP EVERYONE IN THE COMMUNITY TO UNDERSTAND WHAT DEMENTIA IS AND HOW IT AFFECTS FAMILIES. EACH OF US CAN MAKE A DIFFERENCE FOR PEOPLE TOUCHED BY DEMENTIA YOU'LL LEARN WHAT IT'S LIKE TO LIVE WITH THE DISEASE. AND SOME TIPS FOR COMMUNICATING WITH PEOPLE LIVING WITH DEMENTIA. EVERYONE WHO ATTENDS IS ASKED TO TURN THEIR NEW UNDERSTANDING OF DEMENTIA INTO A PRACTICAL ACTION THAT CAN HELP SOMEONE LIVING IN YOUR COMMUNITY. THE ACTION CAN BE AS BIG OR AS SMALL AS YOU CHOOSE -EVERY ACTION COUNTS!

WE WILL PAUSE PERIODICALLY FOR SNACKS PRE-REGISTRATION IS REQUIRED CALL PIKE COUNTY AREA AGENCY ON AGING 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

9/4- Closed for Labor Day Holiday

9/11—Blood Pressure Screening

9/11- Cards & Games

9/11-Diabetes Presentation

9/18-Exercise with Lana

9/25-Cards & Games

9/25-Adaptive Clothing Presentation

9/25—Bingo & Birthday Celebration

SEPTEMBER

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

SEPTEMBER

9/5-Cards & Games

9/5-Swim 11-12

9/5- Exercise with Lana

9/12-Cards & Games

9/12—Swim 11-12

9/19-Cards & Games

9/19 -Blood Pressure Screening

9/26-Diabetes Presentation

9/26-Swim 11-12

9/26 - 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 Pocono Mountain Lake Estates to participate

Suggested Lunch Donation \$3.00

CENTER WITHOUT WALLS

Tuesdays At Pocono Mountain Lake Estates

SEPTEMBER Lackawaxen/Shohola Township 9 am to 2 pm 570-685-7808				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Suggested lunch do	nation \$3.00	1 CLOSED
4 CLOSED	5 CLOSED	6 Cards & Games Exercise Lunch @ 11:45	7 Cards, games & bingo Lunch @ 11:45 <i>Nail Day</i>	8 CLOSED
11 CLOSED	12 CLOSED	13 Cards & Games Exercise Lunch @ 11:45	14 Cards, games & bingo Lunch @ 11:45 <i>Nail Day</i>	15 CLOSED
18 CLOSED	19 CLOSED	20 Cards & Games Exercise Lunch @ 11:45	21 Cards, games & bingo Lunch @ 11:45 <i>Nail Day</i>	22 CLOSED
25 CLOSED	26 CLOSED	27 Cards & Games Exercise Lunch @ 11:45 Birthday Celebration	28 Cards, games & bingo Lunch @ 11:45 Nail Day Birthday Celebration Diabetes Presentation	29 CLOSED

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

Monday	Tuesday	Wednesday	Thursday	y Friday
	Sug	gested lunch donation \$3.0	00	1 Bingo @ 10:30 Lunch Exercise & Line Dancing with Lana
4 CLOSED	5 CLOSED	6 Cards Bingo Lunch	7 CLOSED	8 Bingo @ 10:30 Lunch Exercise & Line Dancing with Lana
11 CLOSED	12 CLOSED	13 Cards Bingo Lunch \$200 BUNGO Cash Bingo@ 10 am Dementia Friends @ 1:30	14 CLOSED	15 Bingo @ 10:30 Lunch Exercise & Line Dancing with Lana Produce Truck 10 –1 Diabetes Presentation
18 CLOSED	19 CLOSED	20 Cards Bingo Lunch	21 CLOSED	22 Bingo @ 10:30 Lunch Exercise & Line Dancing with Lana Adaptive Clothing Presentation
25 CLOSED	26	27 Cards Bingo Lunch	28 CLOSED	29 Bingo @ 10:30 Lunch Exercise & Line Dancing with Lana 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.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

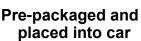
103 Delaware Crest, Dingmans Ferry 570-828-7411

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





Ö

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: 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)

<u>Eastern Pike Center @ Matamoras</u>-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 570-296-3409 Toll Free: 1-866-681-4947 STATUS LINE: 570-296-1959