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LIHEAP helps low-income families pay for their heating bills. LIHEAP is a grant. You do not have to repay it. To receive help....

Apply between Nov 1, 2023 and Apr 5, 2024

Apply online at:

www.compass.state.pa.us

Request an application by calling 1-866-857-7095

If you are seeking assistance to apply for LIHEAP, please call our office at 570-775-5550 to schedule an appointment. All appointments will be by phone.

2023-2024 Income Guidelines

Household Size	Maximum Annual Income
1	\$21,870
2	\$29,580
3	\$37,290
4	\$45,000

Chair Yoga Lessons in Blooming Grove on Tuesdays at 11:00.

Ukulele Lessons in Blooming Grove on Thursdays at 12:00.

Please call Lana for reservations 570-775-5550 x1317

Pike County Area Agency on Aging



Tax preparation will be in Matamoras at the boro hall on Tuesdays starting February 6th and in Blooming Grove on Wednesdays starting February 7th.

In case of inclement weather, please listen for school closures or delays. Blooming Grove appointments will follow Delaware Valley school and Matamoras will follow Wallenpaupack school. If there is a 2 hour delay our first appointment will be at 10:30. If school is closed you must call our office to reschedule your appointment.

AARP Tax-Aide volunteers will prepare your return following IRS and Tax-Aide requirements for In-Person service. This means **you and your spouse**, if applicable, will need to be in the presence of the Tax Counselor for the intake interview, the preparation of the tax return, the quality review, the final review and the signing of your tax documents.

Please bring with you the **completed** Intake/Interview & Quality Review Sheet (Form 13614-C) and the following required identification documents:

Government issued photo ID for you and your spouse if applicable (i.e., driver's license)

Social Security card **or** Social Security Statement for **all individuals** on the tax return

Bring all applicable tax related documents. Examples include:

Voided check to verify bank account and routing number for direct deposit of refund

Most recent tax return

W-2(s) (wages, gambling winnings, etc.)

All 1099 forms (R, INT, DIV, C, G, MISC, NEC, K-1, T, etc.)

Social Security statement(s)

Brokerage statement(s)

Alimony paid or received, including name of former spouse and their Social Security Number

Unreimbursed employee expenses (union dues, uniforms, educator expenses, etc.)

Education Expenses (1098-T – Tuition Statement, Student Loan Interest, etc.)

Child or dependent care expense documentation

Local income tax form

On the day of your appointment, please arrive as close to your scheduled time as possible. When you arrive a Tax-Aide volunteer will review Form 13614-C and your documents with you. **You will stay with the Tax Counselor throughout the entire process.** Please note this process is different from the last couple years when you were asked to leave or wait in another area. You will receive a printed copy of your tax return and it will be electronically filed at the end of the process. If any forms need to be mailed, you will be provided with the applicable documents and envelopes.

Note: We are only able to prepare simple returns for businesses that do not have home office expenses, inventory or a loss. There are some situations that are beyond the scope of the AARP Tax-Aide program. Some examples include: receiving, trading or selling **crypto currency** and receiving **income from rental property**. If you have any of these situations, we are unable to prepare your tax return.

If you have questions on this process, or to make an appointment please contact the Pike County Area Agency on Aging at (570) 775-5550.

Greetings,

I hope you all are staying cozy and warm . February is here and getting us closer to spring.

Hopefully, you are getting out as often as you can.

Remember February 2024 is a leap year ! Happy Birthday to the February 29th babies !!

Look for Lana's Corner in this issue to see all the new programs at our senior centers.

Last but not least, please look for home delivered meal surveys in your meal bags.

Get them back to us as soon as you can. Thank you.

Robin



Dear John J Box,

The Fraud Prevention team of Wells Fargo bank has taken your case into consideration. We have been informed about your case by one of our senior fraud investigators i.e. Jason Roy and Since then we have been keeping an eye on all of your transactions. Your Time Account ending with 2254 has come up with a fraudulent charge of \$39,400 at 4:41 this morning according to your time zone which is going to be deducted from your account after 1 hour and 51 min. We have already instructed your case representator Mr. Jason Roy what he needs to do and how he is going to safeguard your \$39,400. So kindly cooperate with him and follow his directions rigorously as your funds are still at high risk.

under penal code, and we will keep updating you about your case Also make sure you have to adhere to the instructions of the your case representator Mr. Jason Roy otherwise it can result in financial loss and legal consequences against you.

Following are the allegations under your identification: Child pornography prevention act, section 256 of title 18 Money laundering act of 1996 (public law 99-570)

Following are the active agencies under your case:

FTC (who works to prevent fraudulent, deceptive and unfair business practices)-We have already submitted a hacking report to them.

FRS (which is the central bank of the US and controls all the cash Inflows and outflows of the bank)- We have already informed them about the upcoming cash withdrawals.

Child Exploitation Task Force (which is a working committee under fbi and it works for the internet crimes against children)-we have submitted an application to them in order to prove you innocent in this child pornography case.

Now We are also going to question the credibility and modus operandi of your local branch on how hackers got access to your financial funds. We hope that you understand the tenderness of this case and any mistake Initiated willingly from your end could make you questionable in front of all 3 agencies. So make sure you don't involve any third party (including your local branch) till the closure of this case.

Protecting your case is vital as the impact of being leaked can lead to revenue loss, reputational damage and regulatory sanction and any act of misappropriation and misuse of this confidential information is also punishable under penal code, and we will keep updating you about your case Also make sure you have to adhere to the instructions of the your case representator Mr. Jason Roy otherwise it can result in financial loss and legal consequences against you.

THIS EMAIL WILL ACT AS A PROOF OF INSTRUCTIONS AND AN EVIDENCE TO YOUR INNOCENCY AND REIMBURSEMENT OF THIS DUPLICATE CHARGE.

We value your impeccable cooperation with us Thank you,

Steven D. Black (Board Member of Wells Fargo)

E::J

420 Montgomery Street San Francisco, CA 94104



This is the actual email, and picture of what came up on the computer and id sent to a consumer who was a victim of a SCAM.

Please note the incorrect spelling and warning not to get anyone else involved.

If you should see this picture on your computer, please do not respond and contact your local area agency on aging as well as local law enforcement.

Please do not provide any information.

Lana's Corner

Health & Wellness National Food Days

Oatmeal Monday – Monday February 12th, (2nd Monday in February)

Oatmeal is a whole grain that can be a delicious, warm way to add whole grains to your eating patterns.

During the cold winter season. Oats are full of important nutrients like vitamins B and E, calcium, magnesium, and zinc. This grain contains beta-glucan, a special kind of fiber, found to be especially effective in lowering cholesterol and insoluble dietary fiber, which has anticancer properties. Best of all, oats, like most other whole grains, can help us maintain a healthy weight.

Almond Day - Friday, February 16, 2024

Almonds are considered part of the Protein Foods group. Most of the fat in almonds and other nuts is heart-healthy monounsaturated and polyunsaturated fat. Eaten in moderation, nuts can be an important part of a healthy diet. Almonds are also a source of Vitamin E.

Strawberry Day – Tuesday, February 27, 2024

A half cup of strawberries has about 25 calories and adds important vitamin C, fiber and potassium to our diet.

Please join us for
Chair Yoga
in Blooming Grove on
Tuesdays @ 11:00 am.



This month's speaker topic is about
Heart Health.

Blooming Grove – 2/8	12pm
Lackawaxen – 2/22	12pm
Matamoras – 2/23	12pm
Saw Creek – 2/26	12pm
PMLE – 2/27	12pm

Want to Learn to Sew?

Our sewing teacher, Peggy will be holding classes in our Matamoras Center on the 3rd Friday of the month at 12:00. Please call Lana for reservations 570-775-5550 x 1317

Dancing Makes You SMARTER

The 21 year study of senior citizens, 75 & older, was led by the Albert Einstein College of Medicine in New York city, funded by the National Institute on Aging, and published in the New England Journal of Medicine.

% = Reduced Risk of Dementia

0% in Bicycling, swimming or playing golf

35% in Reading

47% in doing crossword puzzles at least 4 days a week

76% in Dancing frequently

Dancing reduces stress & depression, increases energy & serotonin, improves flexibility, strength,

balance & endurance. Strengthens bones & boosts cardiovascular health. Increases mental capacity by exercising our cognitive processes. Dynamic & rapid fire decision making, creates new neural paths.

**Call Lana for the
next round of dance
lessons
Ext. 1317**

David Avocado Wolfe

Celebrate Life Through Dance

We will be having some changes in February

Tuesday's from 11:00 to 12:00 we will be having Chair Yoga exercises in Blooming Grove. It's often said that exercise is the best medicine. Luckily, chair yoga is an effective and accessible exercise for everyone. It will help your muscles and joints. You can take advantage of the many benefits such as increased circulation feelings of well-being and decreases in blood pressure, anxiety, inflammation, and chronic pain and many other benefits, come join us and find out.

Bingo will be at 10:00 to 10:55 on Tuesdays.

Thursday we will be having ukulele lessons from 12:00 to 1:00 in Blooming Grove.

Lunch on Tuesday in Blooming Grove will be at 12:00.

The 3rd Fridays in Matamoras we will be having Sewing classes. 12:00.

BREAKFAST

**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.



**KNIGHTS OF COLUMBUS
COUNCIL 12571**

**PICK UP BETWEEN
1:00 PM—2:30 PM**

ALL ARE INVITED PLEASE CALL FOR RESERVATIONS

DONATIONS ARE WELCOME BUT NOT NECESSARY



**SUNDAY FEB 4, 2024
1PM—2:30 PM**

ST. JOHN NEUMANN PARKING LOT

705 RT. 739 LORDS VALLEY

ST. JOHN'S OFFICE 570-775-6791

CALL OR TEXT ANGELO 201-575-6100



**SUNDAY FEB 11, 2024
1PM—2:30 PM**

ST. ANN PARKING LOT

123 RICHARDSON AVE. SHOHOLA

ST. ANN'S OFFICE 570-832-4275

FRANK 347-446-9636



**Wednesday, February 21st
10:00 am Sharp**

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

\$5.00 per card to play

**Please call 570-775-5550 for
reservations**



**Costumes Encouraged
(Prize For Best Dressed)
But Not Required to Play!**

**Hosted by:
Growing Lackawaxen
WHERE: Lackawaxen Firehouse
774 Rt 590
Lackawaxen, PA
WHEN: Saturday, February 3rd
Doors Open at 5:00 PM
First Game Called at 6:00 PM**

**\$20 Entry Fee
Includes 2 Playing Cards,
Food & Soft Drinks
BYOB**

Volunteer Opportunities

Pike County Area Agency on Aging

Senior Center Kitchens, Dishwashers & Meal Delivery

Pike County Hands of Hope

Board Members, Hopeline Volunteers, Food Pantry

American Red Cross

Blood Donor Ambassador
Disaster Relief

Serving Seniors, Inc.

Volunteer Ombudsman

Bushkill Outreach

Food Collection/Distribution

RSVP

Senior CHAT Program
Advisory Council Members

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



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



February

2024 MENU

Milk included with all meals

Suggested lunch donation \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>  <p>Please remember if you receive home delivered meals, the suggested donation is \$3.00 per person per meal.</p> <p>Thank you for your generosity!</p> </div>			<p>1</p> <p>Cole Slaw Stuffed Peppers Sauce Rice Broccoli Wheat Bread Pears</p>	<p>2</p> <p>Chick Pea & Broccoli Salad Lemon Chicken Breast Rice Medley Brussel Sprouts Rye Bread Ice Cream</p>
<p>5</p> <p>Tossed Salad Chicken Parm Sauce Pasta Wheat Bread Fruit Cocktail</p>	<p>6</p> <p>Lentil Soup Cheese Omelet Sausage Patty Home Fries Salsa Blueberry Muffin Pineapple Chunks</p>	<p>7</p> <p>Red Cabbage Slaw Meatloaf Mashed Potatoes Gravy Green Beans Rye Bread Ambrosia</p>	<p>8</p> <p>Minestrone Soup Sausage, Pepper & Onion Hoagie Roasted Potatoes Corn Apple Sauce</p>	<p>9</p> <p>Mandarin Salad Teriyaki Meatballs Rice Stir Fried Vegetables Wheat Bread Fresh Fruit</p>
<p>12</p> <p>Apple Juice Beef Stew Red Potatoes Mixed Vegetables Rye Bread Pudding</p>	<p>13</p> <p>Shrimp Creole Soup Sausage Gumbo Rice Okra Dinner Roll King Cake</p>	<p>14</p> <p>Tomato Soup Fish Sticks Tator Tots Peas & Onions Wheat Bread Cookies</p>	<p>15</p> <p>Cranberry Juice Herb Encrusted Pork Chop Scalloped Potatoes Squash Medley Rye Bread Fresh Fruit</p>	<p>16</p> <p>Tossed Salad Vegetable Lasagna Carrots Italian Bread Peaches</p>
<p>19</p> 	<p>20</p> <p>Orange Juice Chile Con Carne Rice Confetti Corn Wheat Bread Fruit Crisp</p>	<p>21</p> <p>Carrot Raisin Salad Stuffed Chicken Breast Wild Rice Medley Green Beans Dinner Roll Fresh Fruit</p>	<p>22</p> <p>Tossed Salad Pasta Bolognese Spinach Italian Bread Fruited Jell-O</p>	<p>23</p> <p>Split Pea Soup Tuna Salad Hoagie Lettuce & Tomato Macaroni Salad Pudding</p>
<p>26</p> <p>Cranberry Juice Pork & Sauerkraut Roasted Potatoes Carrots Rye Bread Cookies</p>	<p>27</p> <p>Cucumber Salad Chicken Stew on a Biscuit Mixed Vegetables Potatoes Ice Cream</p>	<p>28</p> <p>Beef Barley Soup Chef Salad (Ham/Turkey/ Cheese/Let/Tom) Potato Salad Dinner Roll Jell-O</p>	<p>29</p> <p>Fresh Tomato Salad Turley/Gravy Stuffing Peas & Carrots Sweet Potatoes Banana Cake</p>	

Seniors Are Our First Priority



focused on what matters

800.NBT.BANK www.nbtbank.com



Member FDIC

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.

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

Elvira states: "It's very good excellent service. They come the day you call them and drop off the clean laundry the next day. Thank you for letting us seniors know about this service".

Pike County Commissioners public meeting is the 1st Wednesday and the 3rd Wednesday of the month at 11:00 a.m. in the Pike County Administration Building, 506 Broad Street, Milford.

Please share your warmth with a SENIOR in need

Many older adults are often forced to choose between food, medications, or heat. With your help, they won't have to make that difficult choice. The Emergency Fund for SENIORS in need provides small grants to assist older adults in crisis situations. Click the link below to add you support.

[Pike County, PA \(pikepa.org\)](https://pikepa.org) Then

scroll down to Sponsor a Senior IN-HOME DELIVERED MEALS Program Then click this button

Donate

If you prefer to make your Emergency Fund donation by check, please send it to: Pike County Area Agency on Aging
150 Pike County Blvd.
Hawley, PA 18428

NOTICE

Due to the rising costs of printing and postage, beginning in

February, 2024 the cost of mailed newsletters will be \$10 per year.

If you would like to change your mailed subscription to an email subscription, which is no charge, please send an email to kdantuono@pikepa.org

February**2024 Blooming Grove Activities**

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Bingo 10:30 Lunch 11:30 Ukulele Lessons 12	2 Arts & Crafts Cards
5 Cards Dominoes Rummikube	6 Arts & Crafts Bingo 10:00 to 10:55 Chair Yoga @ 11:00 Lunch @ 12:00 Chess after lunch	7 Cards Dominoes Rummikube	8 Bingo 10:30 Lunch 11:30 Ukulele Lessons Lunch @ 12:00 Speaker @ 12:00 Heart Health	9 Arts & Crafts Cards
12 Cards Dominoes Rummikube	13 Arts & Crafts Bingo 10:00 to 10:55 Chair Yoga @ 11:00 Lunch @ 12:00 Bigger Shopping Dingmans & Shohola Mardi Gras Party	14 Cards Dominoes Rummikube Bigger Shopping Mil/ Mat	15 Bingo 10:30 Lunch 11:30 Ukulele Lessons 12 Bigger Shopping Promised Land	16 Arts & Crafts Cards
19 CENTER CLOSED PRESIDENT'S HOLIDAY	20 Arts & Crafts Bingo 10:00 to 10:55 Chair Yoga @ 11:00 Lunch @ 12:00 Chess after lunch	21 Cards Dominoes Rummikube	22 Bingo 10:30 Lunch 11:30 Ukulele Lessons 12	23 Arts & Crafts Cards
26 Cards Dominoes Rummikube	27 Arts & Crafts Bingo 10:00 to 10:55 Chair Yoga @ 11:00 Lunch @ 12:00 Chess after lunch	28 Cards Dominoes Rummikube	29 Bingo 10:30 Lunch 11:30 Ukulele Lessons 12 Birthday Celebration	

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.



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

February

9:30am Meet & Greet, Socializing, Tea and Coffee
11:30 to 12 noon Lunch; Light Menu

2/5-Cards & Games

Exercise with Lana

2/12-Cards & Games

Valentine's Day Party

Blood Pressure

2/19-CLOSED FOR PRESIDENT'S DAY HOLIDAY

2/26-Heart Health Speaker @ 12:00

Cards & Games

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
\$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

February

2/6-Cards & Games

Swim 11-12

2/13-Exercise with Lana

Cards & Games

Swim 11-12

Valentine's Day Party

Blood Pressure

2/20-Swim 11-12

Cards & Games

2/27- Heart Health Speaker @ 12:00

Cards & Games

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

February**Lackawaxen/Shohola Township 9 am to 2 pm 570-296-9848**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cards, Games & Bingo Lunch @ 11:45 <i>Exercise with Hella Nail Day</i>	2 CLOSED
5 CLOSED	6 CLOSED	7 Cards & Games Exercise Lunch @ 11:45	8 Cards, Games & Bingo Lunch @ 11:45 <i>Exercise with Hella Nail Day</i>	9 CLOSED
12 CLOSED	13 CLOSED	14 Cards & Games Exercise Lunch @ 11:45	15 Cards, Games & Bingo Lunch @ 11:45 <i>Exercise with Hella</i>	16 CLOSED
19 CLOSED	20 CLOSED	21 Cards & Games Exercise Lunch @ 11:45	22 Cards, Games & Bingo Lunch @ 11:45 <i>Exercise with Hella Heart Health Speaker @ 12:00</i>	23 CLOSED
26 CLOSED	27 CLOSED	28 Cards & Games Exercise Lunch @ 11:45	29 Cards, Games & Bingo Lunch @ 11:45 <i>Exercise with Hella Birthday Celebration</i>	

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 CLOSED	2 Bingo @ 10:30 Lunch Exercise & Dancing with Lana
5 CLOSED	6 CLOSED	7 Cards Bingo Lunch <i>Ukulele Lessons @ 12:00</i>	8 CLOSED	9 Bingo @ 10:30 Lunch Exercise & Dancing with Lana
12 CLOSED	13 CLOSED	14 Cards Bingo Lunch <i>Ukulele Lessons @ 12:00</i>	15 CLOSED	16 Bingo @ 10:30 Lunch Exercise & Dancing with Lana <i>Sewing Classes @ 12:00</i>
19 CLOSED	20 CLOSED	21 Cards <i>Cash Bingo @ 10:00</i> Lunch <i>Ukulele Lessons @ 12:00</i> \$150 	22 CLOSED	23 Bingo @ 10:30 Lunch Exercise & Dancing with Lana <i>Heart Health Speaker @ 12:00 Birthday Celebration</i>
23 CLOSED	27 CLOSED	28 Cards Bingo Lunch <i>Ukulele Lessons @ 12:00</i>	29 CLOSED	

THANK YOU



PMLE Christmas Party



Matamoros Christmas Party



Saw Creek Christmas Party



Lackawaxen
Christmas
Ham
Winner



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

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

First Presbyterian Church of Hawley

815 Church St, Hawley PA 570-226-4835
2nd & 4th Saturday of the month 11:30am

Living Christ Chapel Food Pantry

429 Long Meadow Rd.,
Annex A - building behind the church
Milford, PA 18337
570-828-2082
Mondays from 4:30pm - 6:30pm
Open to all.
Please bring reusable bags.

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



Agape Food Pantry

300 Avenue H, Matamoras PA
845-772-0218
Every Tuesday 4:30 to 5:30

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

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

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



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

www.seniorlawcenter.org

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 \$10 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 - Tracy Simon - email: tsimon@pikepa.org

Options Service - Frank Vogel - fvogel@pikepa.org

ACM Supervisor I HDMs/Options/Healthy Ideas & ADRC Link Coordinator

Monroe/Pike/Wayne Counties— Joan Marie 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

Advisory Council

* Cordell Bowman * Christa L. Caceres, Commissioner Representative, * Jeanne Carlstedt * Laura Guccini-Engle
* Leatrice Langer * Barbara Leary * Dorothy Lees * Linda Leyh
* Monica McVitie * Mary Little * Barbara Shevlin * Sue Siska * Rita Tepperman * Lori VanSlot

Pike County Commissioners * Matt Osterberg * Ronald Schmalzle * Christa L. Caceres

**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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