

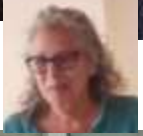
January 2024

Pike County Area Agency on Aging

INSIDE THIS ISSUE

Page 2— Director's Desk
Page 3-\$200 Cash Bingo and SCAM info
Page 4- KOC Dinner Info, KOC Breakfast Info
Page 5-NBT, Wash & Fold
Pages 6 -Menu
Pages 7 - Blooming Grove Activities
Page 8-Saw Creek & PMLE Activities
Page 9 -Lackawaxen & Matamoras Activities
Page 10-Pictures
Page 11 Events & Programs
Page 12-Our Contact Information

2023 In Review



2024

Happy New Year!

Here's to new beginnings. I hope everyone stayed well and enjoyed their holiday season. Pike County Area Agency on Aging is preparing for a year of new beginnings. We are hoping to enhance our senior centers with more activities/crafts and programs. Look for the upcoming ukelele lessons in our newsletter.

It is crucial that aging in place, especially during winter months, that we keep our minds sharp. The Delaware Valley Future Business Leaders of America as a community project have donated puzzle booklets which we have distributed with our Home Delivered Meals. If you would like a copy of the booklet, please reach out to the agency at 570-775-5550. We would be happy to mail or email this to you.

Remember get outside when you can, dress appropriately for the weather, keep a blanket in your car just in case of an emergency .

Stay warm and safe !



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

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



Wednesday, January 17th
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

Protect your property & personal info

The Office of Attorney General is issuing a warning of Common scams that typically ramp up during the holiday season.

Email & Text Phishing

In this scam, you may receive an email or text message directing you to enter personal information on a fraudulent website. These fake emails or texts can appear to be from a shipping /delivery co. or retailer that may claim to be an order confirmation you didn't place.

Credit Card Skimming

Be vigilant of credit card skimmers that steal your credit and debit card information at the ATM, gas pump, or other payment kiosks. Instead of inserting your credit or debit card into the slot of a merchant's payment processing machine, consider using a payment app on your phone. For people without phones, keeping track of your bank statements & transactions is crucial to any lost money taken by skimmers.

Romance Scams

Romance scammers strike up what appears to be a serious relationship then ask their victims to pay for plan tickets, customs fees, and visas. In addition, they may appear to transfer a large sum of money to a victim's checking Account, but the money transfer turns out to be fake.

Online Pet Scams

Pet sale scammers pose as online retailers, charging hundreds of dollars for the puppy or kitten, plus airline & transport fees. A common twist is the scammer notifies you the animal is at the airport, but additional fees are needed from you before the animal will be delivered. Check with your local animal rescues or shelters for particular breeds or sizes, or only deal with a seller in person where you can visit and meet the parents of the puppy or kitten, and inspect the premises.

If you believe you have been scammed please call
1-800-441-2555 or email scams@attorneygeneral.gov

Copied in part from Pike County Dispatch

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

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 |



"Attitude is the 'little' thing that makes a big difference."

WINSTON CHURCHILL 3



Knights of Columbus

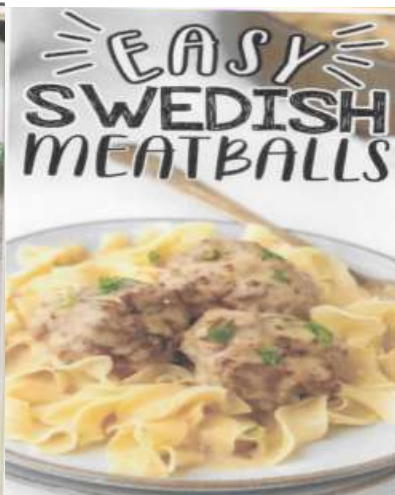
Council 12571

HAPPY NEW YEAR

NOTE TIME

CHANGE

1:00-2:30



Sun., Jan. 7

1:00-2:30

St. John's Parking lot
Rt.739 Lords Valley

Sun., Jan 14

1:00-2:30

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

ALL ARE INVITED. DONATIONS ARE WELCOMED BUT NOT NECESSARY

Please Call for Reservations

St. John's (570) 775-6791

St. Ann Shohola 570-832-4275

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



January is Glaucoma Awareness Month

Glaucoma is a disease that damages your eye's optic nerve. It usually happens when fluid builds up and increases pressure inside the eye.

Signs of Glaucoma

- ♦ eye pain or pressure,
- ♦ headaches,
- ♦ rainbow-colored halos around lights,
- ♦ low vision,
- ♦ blurred vision,
- ♦ narrowed vision (tunnel vision) or blind spots,
- ♦ nausea & vomiting,
- ♦ red eyes.

Please see your doctor regularly.

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.

DEMENTIA SUPPORT GROUP

**EASTERN MONROE PUBLIC LIBRARY
1002 NORTH NINTH STREET
BOARDROOM, STROUDSBURG, PA
JANUARY 27th**

FROM: 10:00 TO 11:30

**THE SUPPORT GROUP IS FOR
CAREGIVERS WHO
ARE CARING FOR PEOPLE LIVING
WITH DEMENTIA.**

**PLEASE R.S.V.P.
TO BARBARA VAN NORTWICK,
MEd, OTR/L, CDP
570-236-3380**



**"The most important thing is to
enjoy your life—to be happy—it's all
that matters." —Steve Jobs**

**"It is never too late to be what you
might have been." —George Elliot**

January

2024 MENU

Milk included with all meals

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| 1 CLOSED FOR NEW YEAR'S DAY HOLIDAY | 2 Mandarin Salad Teriyaki Meatballs Rice Stir Fried Vegetables Rye Bread Fresh Fruit | 3 Beef Barley Soup Meat Lasagna Zucchini Squash w/ tomatoes & onions Italian Bread Ice Cream | 4 Apple Juice Hot Dog (s) Bun Baked Beans Corn Fruit Cocktail | 5 Tossed Salad Baked Cod Filet Rice Pilaf Spinach Wheat Bread Apple Sauce |
| 8 Tomato Juice Baked Meatloaf/ Gravy Mashed Potatoes Peas & Carrots Peaches | 9 Tossed Salad Beef Stroganoff & Pasta Glazed Carrots Wheat Bread Mandarin Oranges | 10 Green Bean & Tomato Salad Italian Sausage Peppers & Onions Hoagie Roll Potatoes O'Brien Apple & Oatmeal Crisp | 11 Cottage Cheese & Fruit French Toast Sticks Sausage Patty Apple Compote Blueberry Muffin | 12 Chicken & Rice Soup Chicken Parm/ Sauce Pasta Green Beans Fresh Fruit |
| 15 CLOSED FOR MARTIN LUTHER KING, JR HOLIDAY | 16 Split Pea Soup Chicken Nuggets Potatoes O' Brien Green Beans Dinner Roll Fresh Fruit | 17 Red Cabbage Salad Chicken Cordon Blue Confetti Rice Peas & Onions Wheat Bread Fruited Jell-O | 18 Tossed Salad Lemon Chicken Breast Herbed Rice Brussel Sprouts Rye Bread Ice Cream | 19 Three Bean Salad Salisbury Steak Mashed Potatoes Gravy Zucchini Wheat Bread Peaches |
| 22 Minestrone Soup Roast Turkey Mashed Potatoes Gravy Succotash Dinner Roll Chocolate Pudding | 23 Black Bean & Corn Salad Shredded Chicken Tacos Let/Tom/Cheese Salsa Red Beans & Rice Fresh Fruit | 24 Southwest Corn Chowder w/ Chicken Beef Tips w/ Mushrooms & Gravy Parsley Potatoes Wheat Bread Carrots Yogurt Cup | 25 Cucumber Salad Italian Meatballs Pasta Tomato Sauce Cauliflower Medley Italian Bread Granola Bar | 26 Broccoli & Chick Pea Salad Stuffed Shells w/Tomato Sauce Italian Green Beans Graham Crackers Banana Cake |
| 29 Carrot Raisin Salad BBQ Chicken Roasted Potatoes Peas & Onions Rye Bread Fresh Fruit | 30 Orange Juice Stuffed Cabbage/ Sauce Mashed Potatoes Succotash Wheat Bread Fruited Jell-O | 31 Three Bean Salad Swedish Meatballs Buttered Noodles Peas & Carrots Italian Bread Cookies | <div> <p><i>Please remember if you receive home delivered meals, the suggested donation is \$3 per meal, per person.</i></p> <p><i>Thank you for your generosity.</i></p>  </div> | |

Seniors Are Our First Priority



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|----------------------------------|
| 1 CLOSED FOR NEW YEAR'S DAY HOLIDAY | 2 Arts & Crafts Bingo Chess after lunch | 3 Cards Dominoes Rummikube | 4 Bingo | 5 Arts & Crafts Cards |
| 8 Cards | 9 Arts & Crafts Bingo Bigger shopping Dingmans & Shohola Chess after lunch | 10 Cards Dominoes Rummikube Bigger Shopping Mil/Mat | 11 Bingo Bigger Shopping Promised Land | 12 Arts & Crafts Cards |
| 15 CLOSED FOR MARTIN LUTHER KING, JR HOLIDAY | 16 Arts & Crafts Bingo Chess after lunch | 17 Cards Dominoes Rummikube | 18 Bingo Pajama Day | 19 Arts & Crafts Cards |
| 22 Cards Dominoes Rummikube | 23 Arts & Crafts Bingo Chess after lunch | 24 Cards Dominoes Rummikube | 25 Bingo Birthday Celebration | 26 Arts & Crafts Cards |
| 29 Cards Dominoes Rummikube | 30 Arts & Crafts Bingo Chess after lunch | 31 Cards Dominoes Rummikube | <p>Let our New Year's resolution be this: We will be there for one another as fellow members of humanity, in the finest sense of the word.</p> <p>GÖRAN PERSSON</p> | |

Dog Licenses Available at Treasurer's Office

Dog licenses can now be purchased from the county treasurer's office. State law requires all dogs 3 months and older to be licensed by January 1st of each year. The Dog Law Modernization Bill signed into law in October 2023 will revise license fess and add protections for Pennsylvania dogs, consumer, and communities. Beginning February 1, 2024, dog license fees will increase, and the age to license will be lowered to eight weeks of age. Until then, the fees remain the same as in 2023.

An annual dog license is \$8.70, or \$6.70 if the animal is spayed or neutered. Lifetime licenses Are available for dogs with permanent identification like a microchip or tattoo. Older adults and people with disabilities may be eligible for discounts.

For more information contact Pike County Treasurer's Office 570-296-3441 or visit online at www.pikepa.org/treasurer





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

January

1/1- CLOSED FOR NEW YEAR'S HOLIDAY

1/8- Cards & Games

Exercise with Lana

Pajama Day

1/15- CLOSED FOR MARTIN LUTHER

KING HOLIDAY

1/22- Cards & Games

1/29- 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

January

1/2- Cards & Games

Swim 11-12

1/9- Exercise with Lana

Cards & Games

Swim 11-12

1/16- Cards & Games

1/23- Swim 11-12

Cards & Games

Pajama Day

1/30- 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

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------------|----------------------------|--|--|----------------------------|
| 1 CLOSED | 2 CLOSED | 3 Cards & Games Exercise Lunch @ 11:45 | 4 Cards, Games & Bingo Lunch @ 11:45 <i>Exercise with Hella Nail Day</i> | 5 CLOSED |
| 8 CLOSED | 9 CLOSED | 10 Cards & Games Exercise Lunch @ 11:45 | 11 Cards, Games & Bingo Lunch @ 11:45 <i>Exercise with Hella Nail Day</i> | 12 CLOSED |
| 15 CLOSED | 16 CLOSED | 17 Cards & Games Exercise Lunch @ 11:45 | 18 Cards, Games & Bingo Lunch @ 11:45 <i>PJ Day</i> | 19 CLOSED |
| 22 CLOSED | 23 CLOSED | 24 Cards & Games Exercise Lunch @ 11:45 | 25 Cards, Games & Bingo Lunch @ 11:45 <i>Birthday Celebration</i> | 26 CLOSED |
| 29 CLOSED | 30 CLOSED | 31 Cards & Games Exercise Lunch @ 11:45 | | |

January**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 Exercise |
| 8 CLOSED | 9 CLOSED | 10 Cards Bingo Lunch | 11 CLOSED | 12 Bingo @ 10:30 Lunch Exercise & Dancing with Lana |
| 15 CLOSED | 16 CLOSED | 17 Cards Bingo Lunch  | 18 CLOSED | 19 Bingo @ 10:30 Lunch Exercise & Dancing with Lana <i>Pajama Day</i> |
| 22 CLOSED | 23 CLOSED | 24 Cards Bingo Lunch | 25 CLOSED | 26 Bingo @ 10:30 Lunch Exercise & Dancing with Lana <i>Birthday Celebration</i> |
| 29 CLOSED | 30 CLOSED | 31 Cards Bingo Lunch | | |



Hay Ride Fun



Halloween in
Blooming Grove



Happy
Birthday
Margaret



Halloween at Matamoras



Happy Birthday
Helen, Fran & Jim



Our in house
scarecrow



Halloween at Lackawaxen



Pumpkin Painting in Lackawaxen



Art Class at Saw Creek

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

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

Options Service - Frank Vogel - fvogel@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 *

Pike County Commissioners * Matt Osterberg * Ronald Schmalzle * Christa 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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