

**March**

**2024**

*Pike County Area Agency on Aging*

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**Casino Time**

When: Tuesday April 23, 2024

Destination: Resorts World Catskills Casino,  
Monticello, NY

Package: Bus ride, \$25.00 slot free  
play & \$15.00 Food voucher.

Price: \$50.00 to be paid on Registration

Bus will pick up at the

Blooming Grove Center

150 Pike Blvd. Lords Valley, PA

Time: Must be at center by 9:00 am

Possible 2<sup>nd</sup> stop in Matamoras

Please call Lana

570-775-5550 x 1317



Tax preparation will be in Matamoras at the boro hall on Tuesdays and in Blooming Grove on Wednesdays.

In case of inclement weather, please listen for school closures or delays. Blooming Grove appointments will follow Wallenpaupack schools and Matamoras will follow Delaware Valley schools. 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.

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.

**Shake Your Shamrocks With Us At The  
Matamoras Center  
Matamoras Fire House, 506 Ave Q, Matamoras, PA**

**Friday, March 15th**

**10:00 AM**

**\$5.00**

**MENU**

**Salad**

**Corned Beef & Cabbage**

**Potatoes**

**Carrots**

**Rye Bread**

**Dessert**

**ENTERTAINMENT**

**\*\*RESERVATIONS ARE MANDATORY\*\***

**Please call 570-775-5550**

Greetings to all!

I have some exciting news to share. Pike County Area on Aging had the pleasure of working with Delaware Valley High School Future Business Leaders of America (FBLA) to assist us in combating social isolation. They have created a puzzle book which was distributed to the Home Delivered Meal consumers. FBLA members Mia Thompson and Anna Vogel have graciously put together gift bags for our seniors to assist even further with social isolation and our long Pike County winters which keep us inside. Multi-generational contact has been proven to dispel loneliness, educate, such as younger generations assisting with computer skills and increase functional capacity. We are looking forward to much more interaction from our younger generation.

The puzzle books are available at the Pike County Area on Aging office. Feel free to reach out for a

A great big warm welcome to our new dietician **Diana M. Fedorisin, MS, RD, LDN, IBCLC** Registered Dietitian & Internationally Board Certified Lactation Consultant

The puzzle books are available at the Pike County Area Agency on Aging office. Feel free to reach out for a copy.



Spring is coming!!

Stay safe.



The **AARP Foundation Senior Community Service and Employment Program (SCSEP)** can help you keep pace with the changing nature of work and improve your ability to find employment, even in today's tough job market.

AARP Foundation SCSEP places older workers in a variety of community service activities at nonprofit and public facilities like day care and senior centers, schools and hospitals. As a participant, you can sharpen your job skills and earn income — all while giving back to your community.

[Learn more . . .](#)

Call us today! 570-972-0080

**AARP Foundation**  
For a future without senior poverty.

AARP Foundation's SCSEP program (CFDA 12.235) is funded with \$17,000,000 in grants from U.S. Department of Labor funds. This funding provides 95% of the support for SCSEP with AARP Foundation matching 5% (\$875,000). AARP Foundation operates in 19 states and Puerto Rico.

Over 55, Unemployed and Looking for Work? Get the training and skills you need to compete in today's job market. All while receiving a paycheck.

*Paid Training that will not affect SNAP or Housing.*

Local AARP Foundation  
SCSEP Office:  
570-972-0080 or email:  
[AARPworks@gmail.com](mailto:AARPworks@gmail.com)

## SHARE Housing

SHARE (Share Housing and Resource Exchange) is a Share Housing Matching-up Program created by the Pennsylvania Department of Aging (PDA). This housing model is cost-effective and it addresses a number of the housing issues faced by seniors in Monroe, Pike and Wayne Counties.



So how does SHARE Housing actually work? We match home "Hosts" that have a house or an apartment with an extra bedroom and with a "Sharer" that wants to live with them in exchange for rent, help with chores or a combination of both. Anyone 18 years old or over is eligible to enroll but one person in the "match" has to be 60 or over. The home must be located in a county SHARE services and the most a Sharer can be charged for the room is 30% of their income.

Anyone interested in being matched undergoes an intake then completes an application with the SHARE Housing Counselor. This application helps determine a person's life style choices and interests. We thoroughly vet each participant with a criminal background and reference checks. Once we have a Host and Sharer that are a good match, we have a meet and greet. If the introduction goes well, the sharer moves in for a trial period. If the trial goes well, they sign a SHARE Housing Agreement. When either party wants to end the contract, all they need to do is give 30 days written notice.

If you are interested in SHARE Housing or know someone who could benefit from the program, please reach out to Larisa Yusko at [lyusko@pikepa.org](mailto:lyusko@pikepa.org) or (570) 832-5133.

## Lana's Corner

We are celebrating Irish American Heritage Month

March is National Women's History Month. It was established by presidential proclamation in order to draw attention to and improve the focus on women in historical studies. It began in New York City on March 8, 1857, when female textile workers marched in protest of unfair working conditions and unequal rights for women. It was one of the first organized strikes by working women, during which they called for a shorter workday and decent wages. Also on March 8, in 1908, women workers in the needle trades marched through New York City's Lower East Side to protest child labor, sweatshop working conditions, and demand women's suffrage. Beginning in 1910, March 8 became annually observed as International Women's Day. Women's History Week was instituted in 1978 to begin adding women's history into educational curricula. In 1987, the National Women's History Project successfully petitioned Congress to include all of March as a celebration of the economic, political, and social contributions of women.

March is recognized as National Nutrition Month, encouraging individuals to make informed food choices and develop sound eating and physical activity habits. **Nourish your whole self.** Focus on eating mindfully, being kind to yourself, enjoying movement, and being thankful for your body.

### QUICK FIX FOR BETTER FIT

Super simple - beginner skills

3rd Friday of the month in Matamoras @ 12:00

Overview of lecture/demo class

**Pants** too big in the waist but comfortable in the stomach/hip area sew darts at the back of the hip/waist area if there are belt loops at the waistband tie a ribbon on the loops nearest the side seams open a small section of stitching in the waist band and run new elastic through the waist band to replace the old stretched out elastic

**Sleeves** are too long with a cuff simply move the buttons in. if the cuff has snap add a new snap that will be tighter sleeves without cuffs turn up a new hem sweater sleeves are too long and stretch out when wearing turn up cuff and enclose elastic sticky **zipper** use a candle or other wax source to lubricate

Suggested easy projects for beginner level; rice filled heated **pillow**, draft stopper for a door, adjustable light (1 pound) ankle weights

Colon cancer is one of the most common cancers and the third leading cause of cancer deaths in America. However, it is one of the most preventable. If precancerous polyps are found early. Colonoscopies can detect cancer at an earlier stage and can even prevent cancer by detecting and removing precancerous polyps during the procedure.

Add Wellness to Your Agenda Find Work-Life Balance

Take steps to bring harmony to your work and home lives. Stick to a routine if working at home. Wake up at the same time every day, shower, and get dressed. Keep regular work hours, if possible.

Stay in the moment When you're working, focus on work. Try not to multitask with non-work-related activities. Then, when you're not working, enjoy your free time.

Delegate tasks Ask others to help if you're feeling overwhelmed. Create a to-do list every day and prioritize your tasks.

Strive For Good Nutrition Include fruits and veggies in every meal and enjoy them in a rainbow of colors. Make half your grains whole grains. Try fish, beans, and poultry without skin for protein, and low-fat, fat-free, or lactose-free milk or fortified soy milk for dairy.





**Knights of Columbus**  
**Council 12571**



**Irish Bangers & Mash**

**Shepherds Pie**



Sun., March 3 1:00-2:30  
St. John's Parking lot  
Rt.739 Lords Valley

Sun., March 10 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-

**PLEASE NOTE TIMECHANGE**

St. John's (570) 775-6791

St. Ann's 570-832-4275

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



**Don't forget to move  
your clock, Sunday,  
March 10th, one hour  
ahead.**



**Wednesday, March 20th**

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

\$5.00 per card to play

Please call 570-775-5550 for  
reservations

## 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/

Dementia Support Group  
Eastern Monroe Public Library  
1002 N 9th St. Boardroom,  
Stroudsburg, PA

February 24TH 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, 570-236-3380



**Retired & Senior Volunteer Program of Berks, Pike & Wayne County**  
**Volunteer Opportunities**

Pike County Area Agency on Aging  
Senior Center Kitchens, Dishwashers & Meal Delivery

Bushkill Outreach  
Food Collection/Distribution  
American Red Cross  
Blood Donor Ambassador  
Disaster Relief

Serving Seniors, Inc.  
Volunteer Ombudsman  
RSVP  
Senior CHAT Program  
Advisory Council Members



**Dawn Houghtaling, RSVP Coordinator 570-390-4540 or Email: [houghtalingd@diakon.org](mailto:houghtalingd@diakon.org)**



*\*RSVP is funded by AmeriCorps and sponsored by Diakon Community*





focused on what matters

800.NBT.BANK www.nbtbank.com



Member FDIC

Thank you to Momentum Church  
kids members for their generous  
and kind donation of  
Valentine's day cards for our  
home delivered meal senior citizens



## Wash 'N' Fold "Easy Pack Sort System"™

All clothes sorted by type, T-shirts, pants, dress shirts etc.

Dress shirts and dresses are hung in plastic.

T-shirts, pants etc. are folded and packaged in individual plastic  
bags vacuumed sealed and ready to transfer to suitcase.



Sheets and bedding are packaged alone in  
plastic, socks are half folded and paper  
wrapped just like when purchased new.

Then all items are placed in our exclusive  
Wash N Fold hard bottom laundry delivery that is yours for future use !!

No MORE laundry folded in one large bag loose so when  
you get home it is  
already jumbled and takes too long to put away.



**Seniors 10% Off**  
**Pickup and Delivery FREE**  
**Call Today 845-856-4235**



Many thanks to the  
Delaware Valley FBLA  
(Future Business Leaders of America)  
for their generous donation  
of Winter Care Packages  
for our Home Delivered Meal  
senior citizen  
recipients.





# March

## 2024 MENU

\*\*\*Milk included with all meals\*\*\*

**Suggested lunch donation \$3.00**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div><b>Donate</b></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>				<b>1</b> Tossed Salad Stuffed shells Sauce Green Beans Italian Bread Fresh Fruit
<b>4</b> Southwest Corn Chowder Pierogis Sour Cream Peppers & Onions Rye Bread Chocolate Cake	<b>5</b> Tossed Salad Chicken Parmesan Pasta Pacific Medley Italian Bread Fresh Fruit	<b>6</b> Red Cabbage Slaw Beef Stroganoff Pasta Carrots Dinner Roll Apple Sauce	<b>7</b> Cream of Broccoli Soup Salisbury Steak Gravy Mashed Potatoes Succotash Wheat Bread Peaches	<b>8</b> Orange Juice Veggie Patty w/ Cheese Lettuce & Tom On Bun Potato Wedges Fruited Jell-O
<b>11</b> Navy Bean Soup Chicken Caesar Salad w/Croutons Tomatoes Macaroni Salad Pudding	<b>12</b> Cucumber Salad BBQ Chicken Breast Buttered Noodles Brussel Sprouts Wheat Bread Pineapples	<b>13</b> Beef Barley soup Stuffed Cabbage Tomato Sauce Mashed Potatoes Corn Rye Bread Cookies	<b>14</b> Chick Pea & Broccoli Salad Fish Cakes Potato Puffs Green Beans Wheat Bread Fresh Fruit	<b>15</b> Salad Corned Beef & Cabbage Potatoes Carrots Rye Bread Dessert
<b>18</b> Carrot Raisin Salad Lemon chicken Breast Orzo & Vegetable Medley Dinner Roll Ice Cream	<b>19</b> Cranberry Juice Stuffed Pepper Mashed Potatoes Peas Wheat Bread Pudding	<b>20</b> Tossed Salad Meat Lasagna Peas & Carrots Dinner Roll Fresh Fruit	<b>21</b> Tomato & Cucumber Salad Swedish Meatballs Pasta Creamed Spinach Fruit Crisp	<b>22</b> Cream of Tomato Soup Baked Fish Herbed Rice Broccoli Wheat Bread Pears
<b>25</b> Cottage Cheese Roast Turkey Gravy Mashed Potatoes Mixed Vegetables Rye Bread Fruit Salad	<b>26</b> Cole Slaw Chicken Strips in Garlic Butter Sauce Sweet Potatoes Zucchini & Tomatoes Wheat Bread Pudding	<b>27</b> Mandarin Salad Teriyaki Meatballs Asian Stir-Fry Vegetables Rice Dinner Roll Mandarin Oranges	<b>28</b> Turkey Noodle Soup Chicken Cordon Bleu Confetti Rice Tuscan Vegetables Wheat Bread Fresh Fruit	<b>29</b>  <b>ALL CENTERS CLOSED FOR GOOD FRIDAY HOLIDAY</b>

**Seniors Are Our First Priority**

**March****2024 Blooming Grove Activities**

Monday	Tuesday	Wednesday	Thursday	Friday
<div>"Attitude is a little thing that makes a big difference." <a href="#">Winston Churchill</a></div>				<b>1</b> Arts & Crafts Cards
<b>4</b> Cards Dominoes Rummikube	<b>5</b> Arts & Crafts Bingo 10:00 to 10:55 Chair Yoga @ 11:00 Lunch @ 12:00  <b>Chess after lunch</b>	<b>6</b> Cards Dominoes Rummikube	<b>7</b> Bingo 10:30 Lunch 11:30 Ukulele Lessons Lunch @ 12:00	<b>8</b> Arts & Crafts Cards
<b>11</b> Cards Dominoes Rummikube	<b>12</b> Arts & Crafts Bingo 10:00 to 10:55 Chair Yoga @ 11:00 Lunch @ 12:00  <b>Bigger Shopping Dingmans &amp; Shohola</b>	<b>13</b> Cards Dominoes Rummikube  <b>Bigger Shopping Mil/Mat</b>	<b>14</b> Bingo 10:30 Lunch 11:30 Ukulele Lessons 12  <b>Bigger Shopping Promised Land</b>	<b>15</b> Arts & Crafts Cards
<b>18</b> Cards Dominoes Rummikube  <b>Advisory Board Mtg @ 1:00</b>	<b>19</b> Arts & Crafts Bingo 10:00 to 10:55 Chair Yoga @ 11:00 Lunch @ 12:00  <b>Chess after lunch</b>	<b>20</b> Cards Dominoes Rummikube	<b>21</b> Bingo 10:30 Lunch 11:30 Ukulele Lessons 12	<b>22</b> Arts & Crafts Cards
<b>25</b> Cards Dominoes Rummikube	<b>26</b> Arts & Crafts Bingo 10:00 to 10:55 Chair Yoga @ 11:00 Lunch @ 12:00  <b>Chess after lunch</b>	<b>27</b> Cards Dominoes Rummikube	<b>28</b> Bingo 10:30 Lunch 11:30 Ukulele Lessons 12  <b>Birthday Celebration</b>	<b>29</b>  <b>ALL CENTERS CLOSED FOR GOOD FRIDAY</b>

**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](http://www.pikeaaa.org).  
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 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

**March**

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

3/4-Cards & Games  
Exercise with Lana  
**Blood Pressure**

All registration through  
Pike County Area Agency  
on Aging only  
Please call 570-775-5550

3/11-Cards & Games

***You do not need to be a resident of  
Saw Creek Estates to participate***

3/18-Cards & Games

3/25-Cards & Games  
Bingo  
Birthday Celebration

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

**March**

3/5-Cards & Games  
**Blood Pressure**

3/12-Exercise with Lana  
Cards & Games

3/19- Cards & Games

3/26-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**



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

MONDAY TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

"Optimism is a happiness magnet. If you stay positive, good things and good people will be drawn to you." — [Mary Lou Retton](#)

**1**  
**CLOSED**

**4**  
**CLOSED**

**5**  
**CLOSED**

**6** Cards & Games  
Exercise  
Lunch @ 11:45

**7** Cards, Games & Bingo  
Lunch @ 11:45  
**Exercise with Hella  
Nail Day**

**8**  
**CLOSED**

**11**  
**CLOSED**

**12**  
**CLOSED**

**13** Cards & Games  
Exercise  
Lunch @ 11:45

**14** Cards, Games & Bingo  
Lunch @ 11:45  
**Exercise with Hella**

**15**  
**CLOSED**

**18**  
**CLOSED**

**19**  
**CLOSED**

**20** Cards & Games  
Exercise  
Lunch @ 11:45

**21** Cards, Games & Bingo  
Lunch @ 11:45  
**Exercise with Hella**

**22**  
**CLOSED**

**25**  
**CLOSED**

**26**  
**CLOSED**

**27** Cards & Games  
Exercise  
Lunch @ 11:45

**28** Cards, Games & Bingo  
Lunch @ 11:45  
**Exercise with Hella  
Birthday Celebration**

**29**  
**CLOSED**

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

Monday

Tuesday

Wednesday

Thursday

Friday

"Try to be a rainbow in someone's cloud." —  
[Maya Angelou](#)

**1** Bingo @ 10:30  
Lunch  
Exercise & Dancing with Lana

**4**  
**CLOSED**

**5**  
**CLOSED**

**6** Cards  
Bingo  
Lunch  
**Ukulele Lessons @ 12:00**

**7**  
**CLOSED**

**8** Bingo @ 10:30  
Lunch  
Exercise & Dancing with Lana  
**Nutrition Speaker @ 12:00**

**11**  
**CLOSED**

**12**  
**CLOSED**

**13** Cards  
Bingo  
Lunch  
**Ukulele Lessons @ 12:00**

**14**  
**CLOSED**

**15** Bingo @ 10:30  
Lunch  
Exercise & Dancing with Lana  
**Sewing Class @ 12:00**

**18**  
**CLOSED**

**19**  
**CLOSED**

**20** Cards  
**Cash Bingo @ 10:00**  
Lunch  
**Ukulele Lessons @ 12:00**

**21**  
**CLOSED**

**22** Bingo @ 10:30  
Lunch  
Exercise & Dancing with Lana

**\$150** 

**Birthday Celebration**

**25**  
**CLOSED**

**26**  
**CLOSED**

**27** Cards  
Bingo  
Lunch  
**Ukulele Lessons @ 12:00**

**28**  
**CLOSED**

**29 ALL CENTERS CLOSED  
FOR GOOD FRIDAY  
HOLIDAY**

**A very, very happy  
belated  
90th birthday Elaine**



**Happy Birthday Lenny**



**Happy 80th Nellie**



**Happy Birthday Katherine**



**Happy Birthday  
Jean & Dot**



**Lackawaxen PJ Day**



**Saw Creek PJ Day**



**Happy Birthday Max, Ginny & Cherie**



"Nothing is impossible. The word itself says 'I'm possible!'" — [Audrey Hepburn](#)

# 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](http://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](http://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](mailto:kdantuono@pikepa.org), and get your newsletter sent right to your email address for **FREE**—Save time and money!  
**[www.pikeaaa.org](http://www.pikeaaa.org)**

#### Where to Find Information About the Medicare Plans Available in your County:

- \* Medicare & You 2023 Handbook
- \* [www.medicare.gov](http://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](mailto:rsoares@pikepa.org)

**Protective Services** - Tracy Simon - email: [tsimon@pikepa.org](mailto:tsimon@pikepa.org)

**Options Service** - Frank Vogel - [fvogel@pikepa.org](mailto:fvogel@pikepa.org)

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

**Monroe/Pike/Wayne Counties**—Joan Marie Edel - email: [jedel@pikepa.org](mailto: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](mailto: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](mailto: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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