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STAY SAFE, STAY HEALTHY & WEAR A MASK



# An Afternoon To Remember

**Date:** Tuesday, March 1, 2022  
10:00 am to 2:00 pm

**Lunch:** 11:30 am

**Place:** Pocono Mountain Lake Estates,  
Memorial Hall  
2095 Milford Rd., Bushkill PA 18324

**Price:** \$3.00 Donation

**Menu:** Salad  
Chicken and Sausage Gumbo  
Corn  
Hush Puppies  
Dessert  
Coffee, Tea, & Sugar free Iced Tea  
Catered by Ryan's Deli

**Entertainment By: Ron Richardson**

A Prize For The Best Decorated Eye Mask

Reservations Required

Please Call 570-775-5550

Pike County Area Agency on Aging

Face Mask Required If Not

Vaccinated

You do not need to be a resident to attend



## for Vets

Send Your Letters and Cards to:

Attention: Valentines Cards/Letters

Activities Department  
Gino J. Merli Veterans Center

401 Penn Avenue  
Scranton, PA 18503

Free lunch for all veterans that attend any of our centers for the month of February.

We love you and thank you for your service.



## Winter Greetings To All

February is the month of many observances, as seen on the right, and mid month we will be doing some recognition for black history and cultural events. WE missed January due to low turnout and the ever present COVID 19 concerns. With numbers, hopefully receding, February should prove to be a much better time! We are even opening up the second “center without walls” at the clubhouse at Pocono Mtn. lake Estates on Tuesdays .

Still waiting on the bird pictures, poems or stories for the bird feeding contest mentioned some time ago. This is National Bird Feeding Month you know.

As the temperatures have been awfully cold lately, we are sharing some helpful tips for emergency kits in case of emergency, see below. We are hoping to have a winner for our Congregate Meal Survey , for each center. Get your responses in to the center managers ASAP.

# February

Black History Month.

American Heart Month.

Canned Food Month.

Great American Pie Month.

National Cherry Month.

National Grapefruit Month.

National Bird Feeding Month.

Below is a checklist of items that you could include in your emergency kit. As you prepare your kit, think about your family's particular needs and adapt this list as needed.

Home Emergency Kit Checklist (Also good idea for your vehicle)

**Water** (one gallon per person per day for at least three days, for drinking and sanitation)

**Food** (at least a three-day supply of non-perishable food)

**Battery-powered radio and extra batteries & Charger for phone**

**First aid kit**

**Hats and gloves**

**Heavy socks (at least two pairs)**

**Extra clothing and blankets**

**Rain gear**

**Feminine supplies**

**Lip balm and sunscreen**

**Tools and supplies**



## RDN: Try 50/50 approach to add more plant-based foods

One way to increase plant-based food intake is to use a 50/50 approach, swapping half the protein in a recipe for a plant-based option, said registered dietitian nutritionist Charlotte Martin. People new to plant-based eating can start by incorporating a plant-based meal in the menu a few times a week rather than trying to make the switch all at once, Martin said.

**Full Story:** [MindBodyGreen](https://www.mindbodygreen.com/0-10/50-50-approach-to-add-more-plant-based-foods)



Did you know that you can search for healthcare providers, nursing homes, hospice care, home health care services and hospitals near you online? If you have internet service us this new tool on the [Medicare.gov](https://www.medicare.gov) website: <https://www.medicare.gov/care-compare/>

You can also check here for medical suppliers near you (where you can get your medical supplies)

For further help, contact PA MEDI in Pike County, Christine Crossley, PA MEDI Local Coordinator, Diakon Community Services, 150 Pike County Blvd, Hawley, PA 18428 (570) 775 – 5550 Ext 1313 [crossleyc@diakon.org](mailto:crossleyc@diakon.org)



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



Pike County Area Agency on Aging  
Senior Center Kitchens & Meal Delivery  
Health & Wellness Instructors

*Training paid for and provided by Pike County Area Agency on Aging*

Pike County Food Pantry  
Food Collection/Distribution  
American Red Cross  
Blood Donor Ambassador  
or Disaster Relief

Pike County Hands of Hope  
Hopeline Volunteers  
Serving Seniors, Inc.  
Volunteer Ombudsman

Bushkill Outreach  
Food Collection/Distribution  
RSVP Senior CHAT Program  
Call seniors who are isolated  
Refer someone to receive a friendly call

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 Services.*



Exercise & Line Dancing With Lana  
Every Wednesday @ 12:30  
Please call us and give us your email address and we will  
send you the link every week.  
570-775-5550 or email: [kdantuono@pikepa.org](mailto:kdantuono@pikepa.org)



Spring  
is  
Coming  
Goodbye  
Winter





Sponsored by Pike County Area Agency on Aging  
 Top of the World Restaurant at Saw Creek Estates  
 148 Cambridge Ct, Bushkill PA 18324  
 WEDNESDAYS 9:30 am to 2:00 pm



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

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

- 2/2—Exercise
- 2/9—Hat Day
- 2/15—Valentine's Party
- 2/23— Bingo & Birthday Celebration

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

Suggested Lunch  
 Donation  
 \$2.50



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



All Registration through  
 Pike County Area  
 Agency on Aging only.  
 PLEASE CALL 570-775-5550

- 2/1- Bingo & Exercise
- 2/8- Cards & Games
- 2/15— Hat Day & Valentine's Party
- 2/22- Birthday Celebration

*You do not need to be a resident of  
 Pocono Mountain Lake  
 Estates to participate*

Suggested Lunch  
 Donation  
 \$2.50





## Lackawaxen/Shohola Township 9 am-2 pm 570-685-7808

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> CLOSED	<b>2</b> Cards & Games Exercise Lunch @ 11:45	<b>3</b> Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00	<b>4</b> CLOSED
<b>7</b> CLOSED	<b>8</b> CLOSED	<b>9</b> Cards & Games Exercise Lunch @ 11:45	<b>10</b> Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00	<b>11</b> CLOSED
<b>14</b> CLOSED	<b>15</b> CLOSED	<b>16</b> Cards & Games Exercise Lunch @ 11:45 <b>Valentine's Party</b> <b>Hat Day</b>	<b>17</b> Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 <b>Valentine's Party</b> <b>Hat Day</b>	<b>18</b> CLOSED
<b>21</b> <i>President's Holiday</i>	<b>22</b> CLOSED	<b>23</b> Cards & Games Exercise Lunch @ 11:45  <b>Birthday Celebration</b>	<b>24</b> Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00  <b>Birthday Celebration</b>	<b>25</b> CLOSED
<b>28</b> CLOSED	<b>Inspirational Quote</b> <b>Don't let mistakes define you let them teach you</b> <b>Love, Lana</b>			



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> CLOSED	<b>2</b> Cards Bingo Lunch	<b>3</b> Closed	<b>4</b> Bingo Lunch Exercise & Line Dancing
<b>7</b> Closed	<b>8</b> Closed	<b>9</b> Cards Bingo Lunch	<b>10</b> Closed	<b>11</b> Bingo Lunch Exercise & Line Dancing
<b>14</b> Closed	<b>15</b> Closed	<b>16</b> Cards Lunch <b>\$50 Cash Bingo @ 10:00</b> 	<b>17</b> Closed	<b>18</b> Bingo Lunch Exercise & Line Dancing <b>Hat Day</b> <b>Valentine's Party</b>
<b>21</b> <i>President's Holiday</i>	<b>22</b> Closed	<b>23</b> Cards Bingo Lunch  <b>Golden Age Club</b> <b>Chris &amp; Lana to speak</b>	<b>24</b> Closed	<b>25</b> Bingo Lunch Exercise & Line Dancing  <b>Birthday Celebration</b>
<b>28</b> Closed				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Arts & Crafts	<b>2</b> Cards Dominoes Rummikube	<b>3</b> Bingo	<b>4</b> Cards Arts & Crafts
<b>7</b> Medical Transport	<b>8</b> Arts & Crafts  <i><b>Bigger Shopping Shohola &amp; Dingmans</b></i>	<b>9</b> Cards Dominoes Rummikube  <i><b>Bigger Shopping Mil/Mat</b></i>	<b>10</b> Bingo  <i><b>Bigger Shopping Promised Land</b></i>	<b>11</b> Cards Arts & Crafts
<b>14</b> Medical Transport  <i><b>Advisory Board Meeting @ 12:30</b></i>	<b>15</b> Arts & Crafts	<b>16</b> Cards Dominoes Rummikube	<b>17</b> Bingo  <i><b>Hat Day Valentine's Party</b></i>	<b>18</b> Cards Arts & Crafts
<b>21</b> <i><b>All Centers Closed President's Holiday</b></i>	<b>22</b> Arts & Crafts	<b>23</b> Cards Dominoes Rummikube	<b>24</b> Bingo  <i><b>Birthday Celebration</b></i>	<b>25</b> Cards Arts & Crafts
<b>28</b> Medical Transport	 <p><b>We will resume Cash Bingo in March in Blooming Grove</b></p>			

## A Brief History Of Valentine's Day

Before the holiday we in the west currently celebrate, Valentine's Day was observed by Romans as the festival of Lupercalia, held in mid-February as a rite of spring. The celebrations included fertility rites, sacrifices, and a lottery-based matchmaking event.

By the time of the 5th century, religious leaders in the Catholic church appropriated Lupercalia much in the same way [Easter](#) was co-opted from competing religions. Rebranded as St. Valentine's Day, the name is said to have originated from one of two people put to death by the Roman emperor Marcus Aurelius Claudius Gothicus circa 270 CE.

## HAT DAY

You can decorate your hat anyway you want with anything you want. Even though we are celebrating Hat Day during Valentine's week, it doesn't have to have anything to do with Valentine's Day. There will be a \$10.00 gift card for the best decorated hat.

Think GREEN Reuse



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>1</b> Orange Juice Chicken Breast Parmigiana Pasta &amp; Sauce Italian Green Beans Italian Bread Peaches</p>	<p><b>2</b> Southwest Corn Chowder Tuna Salad on Hoagie L, T, O Potato Salad Fresh Fruit</p>	<p><b>3</b> Three Bean Salad Teriyaki Chicken Stir Fried Vegetables Rice Wheat Bread Ambrosia</p>	<p><b>4</b> Cranberry Juice Salisbury Steak Mashed Potatoes/Gravy Succotash Rye Bread Ice Cream</p>
<p><b>7</b> Cole Slaw Sausage, Peppers &amp; Onions on a Hoagie Potatoes O'Brien Fresh Fruit</p>	<p><b>8</b> Tossed Salad Fettucine &amp; Meatballs Marina Sauce Green Beans Italian Bread Fruit Cocktail</p>	<p><b>9</b> Lentil Soup Breaded Chicken Strips Potato Puffs Corn Wheat Bread Pudding</p>	<p><b>10</b> Carrot Salad Baked Fish Filet Broccoli Rice Medley Rye Bread Apple Sauce</p>	<p><b>11</b> Broccoli/Chick Pea Salad Stuffed Shells Sauce Peas &amp; Onions Wheat Bread Pears</p>
<p><b>14</b> Corn &amp; Black Bean Salad Western Omelet Home Fries Turkey Sausage Patty Blueberry Muffin</p>	<p><b>15</b> Split Pea Soup Swedish Meatballs Rotini Noodles Peas &amp; Carrots Dinner Roll Fresh Fruit</p>	<p><b>16</b> Beef Barley soup Chicken Cordon Bleu Red Bliss Potatoes Pacific Medley Wheat Bread Red Velvet Cake</p>	<p><b>17</b> Apple Juice Breaded Pork Pattie on a Bun Baked Beans Roasted Potatoes &amp; Onions Fruited Jell-O</p>	<p><b>18</b> Red Cabbage Slaw Beef Stroganoff Noodles Mixed Vegetables Dinner Roll Mandarin Oranges</p>
<p><b>21</b> <i>President's Holiday</i>  <i>All Centers Closed</i></p>	<p><b>22</b> Orange Juice Stuffed Cabbage Mashed Potatoes Cauliflower Wheat Bread Cake</p>	<p><b>23</b> Tossed Salad BBQ Chicken Breast Brown Rice Carrots Rye Bread Jell-O</p>	<p><b>24</b> Yogurt Cup Fish Sticks Macaroni &amp; Cheese Stewed Tomatoes Wheat Bread</p>	<p><b>25</b> V-8 Juice Meat Lasagna/ Sauce Mixed Vegetables Italian Bread Pudding</p>
<p><b>28</b> Italian Wedding Soup Beef Stew with Potatoes &amp; Vegetables Wheat Bread Cookies</p>	<p>Video shoot in Wallenpaupack High School with former Directors</p> <p>"stay tuned" for our 30+ year retrospective Bash coming in Spring 2022.....</p>			



**PA Medicare Education and Decision Insight (PA MEDI) Volunteers needed!**



This program provides free, unbiased and easy-to-understand information to those on Medicare, their families and caregivers.

**pennsylvania**

Become a counselor, a speaker, or assist with administrative task or data entry.

Medicare Education and Decision Insight

Receive free training on topics like Medicare, Medicaid, Medicare Advantage, Medigap, Medicare prescription drug coverage, and more.

Whatever your talents may be, there is an opportunity for you to volunteer!

*“ As a Volunteer, I am able to help others understand Medicare, including what services are covered, eligibility, and how to enroll. Volunteering allows me the opportunity to provide information on Medicare, to learn about the needs of others, and support them as they make decisions based on their individual needs.”* Lori Koehler, current Volunteer

Whatever your talents may be, there is an opportunity for you to volunteer!

For more information, contact the PA MEDI Program Christine Crossley, PA MEDI Local Coordinator, Diakon Community Services, (570) 775 – 5550 Ext 1313 [crossleyc@diakon.org](mailto:crossleyc@diakon.org)



**CHSSS**

Do you play Chess?  
Would you like to play chess?

We are forming a chess group at our Blooming Grove Center in February

Please call 570-775-5550  
Lana x 1317 if you have any questions.



Northeast Region Pike  
County Group  
Meets 2nd & 4th  
Wednesdays

6:00 PM to 8:00 PM  
Ryan's Deli  
707 Route 739

For more information call 570-342-1047 or  
[info@naminepa.org](mailto:info@naminepa.org)

**\$50**

**CASH BINGO**

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

**starting @ 10:00 am SHARP**  
Wednesday, **February 16th.**

\$5.00 per card for all games  
every 3rd Wednesday of the month

**RESERVATIONS REQUIRED**  
Please call 570-775-5550



**KNIGHTS OF COLUMBUS**

Council 12571



**FOOD FOR FAMILIES & FRIENDS PROGRAM**

**TAKE OUT DINNERS**

**MUST CALL IN FOR RESERVATION**

**CHICKEN**

**PORK**

**FRANCESE**

**SCHNITZEL**

**DINNER**

**DINNER**



**Sunday 02/06/22**  
**1:30pm-3:00pm**

**Sunday 02/13/22**  
**1:30pm - 3:00pm**

St. John's Parking Lot

St. Ann's Parking Lot

705 Rt. 739 Lords Valley, PA 123 Richardson Ave. Shohola, PA

**All are invited.**

**Donations are welcomed but not necessary**

**PLEASE CALL**

**St. John's 570-775-6791**

**Angelo- 570-775-2755**

**St. Ann's 570-832-4275**

**Frank -347-446-9636 or text**

# PROGRAMS

Loaves to Fishes Food Pantry  
Paupack Methodist Church, Route 507  
570-857-1141 Serves Palmyra Twp.

The Food Pantry Program at the Church at Hemlock Farms will be open  
The 3rd Monday of the month  
**4:00 PM to 6:30 PM**  
**Registration is a MUST prior to distribution.**  
**Please register by calling 570-775-6787**

Pike County Food Pantry  
Dreher Township Building  
(formerly at Moravian Church)  
899 Main St. Newfoundland, Pa  
570-676-4066 Serves Greene Twp.

Good News Good Cheer Food Pantry  
St. Luke's Lutheran Church  
Rt 590, Greeley PA 18425  
570-226-3966

**Do you live in the Greentown area & need assistance with your shopping? There are a few supermarkets that will deliver to you.**

### 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](http://www.lakeregioniga.com) Delivery is \$4.95 picking fee plus \$6.95 delivery fee and in store pickup is \$5.95.

### Dutch's Market

**570-676-3373**

**No weekend delivery. 24 hour notice required when ordering week days.**  
**\$10 delivery charge.**

### Dave's Foodtown/Super Duper

**570-251-9530 They do not deliver too far from store. Call them for details.**

**Shoprite delivers (\$10 internet fee & \$6.95 delivery fee) shop at [www.shoprite.com](http://www.shoprite.com)**

Agape Food Pantry  
300 Avenue H  
Matamoras, PA  
diagonal from United Methodist Church  
Every Tuesday 5:00 pm – 6:00pm  
845-772-0218

### *Growing Lackawaxen Care Cabin*

169 Urban Rd, Hawley 570-685-2273  
4th Saturday of the month 8 am to 11am  
Proof of residency required.  
Declaration of need form to be filled out.

### *Holy Trinity Lutheran Church Food Pantry*

103 Delaware Crest, Dingmans Ferry  
570-828-7411. Monday thru Friday 9 am-noon  
by appointment only.  
Please call 24-48 hours ahead to schedule  
**Volunteers always welcome**

**Hands of Hope Food Pantry at the Lord's Valley Community Church (located behind Ryan's Deli on Route 739) will be distributing on the 2nd Thursday of the month from 2:00pm-6:00 pm 570-503-6644**



### Ecumenical Food Pantry

321 5th St., Milford  
570-618-1568

Fridays: 12 noon - 1:00 pm  
Fridays: 6:30pm-7:30pm

**Eligibility is based on income**  
**Photo ID & verification of address required**

Food Pantry

### St. Ann's Catholic Church

125 Richardson Ave., Shohola, PA 18458  
570-832-4275

Distribution 1st & 3rd Thursdays  
9:30 am to 11:30 am Registration at pick up.

### Bushkill Outreach

168 Lehman Park Rd, Bushkill, Pa 18324  
570-588-0660

Tues—Thurs 9am to noon

Blooming Grove Food Pantry  
St. John Neumann/Good Shepherd Church  
705 Route 739, Lords Valley  
570-775-6791

3rd Thursday of month  
**Please do not bring children**  
**WEAR A MASK**

## 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](http://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](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 2021 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 S. Skibber - email: [rskibber@pikepa.org](mailto:rskibber@pikepa.org)

**Protective Services & Options Supervisor** - Robin Soares - email: [rsoares@pikepa.org](mailto:rsoares@pikepa.org)

**Aging Care Supervisor/PA LINK Coord. Monroe/Pike/Wayne** – Joan Edel - email: [jedel@pikepa.org](mailto:jedel@pikepa.org)

**Nutrition Site Managers** - Cherie Bland, Emily DeLeeuw & 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: 570-685-7808)

### 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

## **ELDER ABUSE REPORTING NUMBER 1-800-233-8911**

### **Advisory Council**

Chairperson: \*Patricia Crane

\* Vacant \* Cordell Bowman \* Jeanne Carlstedt

\* Laura Guccini-Engle \* Kathie Joseph \* Leatrice Langer \* Barbara Leary

\* Monica McVitie\* \*Mary Little\* Sue Siska \* Rita Tepperman \* Lori VanSloot\*

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**

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