



2022

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STAY SAFE, STAY HEALTHY
& WEAR A MASK



Exercise & Line Dancing
With Lana

Every **WEDNESDAY** @ 1:30

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

*****PLEASE NOTE
CHANGE IN DAY*****

Pike County Area Agency on Aging

Pike County Area Agency on Aging
Wants to Help You

This is the perfect opportunity for you to help
your Senior Center. Through your participation
in *Healthy Steps*, an **award winning** program
designed to have fun and keep seniors on their
feet and out of the hospital,

A workshop will be conducted:

Staying Active and Preventing Falls

Please register now!

Eastern Pike Center

Matamoras Fire House

506 Avenue Q

Matamoras, PA. 18336

Tuesday, April 26, 2022

1:00 pm to 4:30 pm

The workshop is **FREE**.

**New Day for our Center
Without Walls at Saw
Creek Estates
Top of the World
Restaurant
MONDAYS starting
April 4th
New Hours 9:00 to 3:00**



April Greetings

Happy Earth Month! Also it is Easter time and hopefully warmer weather for the bunny to not freeze his tail off. March went out like a lion. It won't be planting time in the immediate future, but we can plan our gardens and purchase our seeds and pots. That is always something that makes Spring.



Lackawaxen Center

Emily and crew are putting together a gardening event this month.

If you have pots, dirt, or seeds to donate, she will love it and we can stretch the planting out to more people. Have a green thumb? Wednesdays or Thursdays in April after 11:00am for participating. 570-685-7808

<https://mypath.pa.gov/>

Filing your Pennsylvania Property Tax/Rent Rebate (PA-1000) in myPATH is **free**

Update on our Direct Care Worker Incentive:

\$ 5,000.00

Turkey Hill

Walmart

Amazon

We have been working with our Personal Care (non-medical) providers to keep staff, recognize the workers dedication, and assist with transportation costs. Since November we have distributed \$2000.00 in gift cards to four of the companies. These funds were from our budgeted Personal Care cost center as we have funds but now direct care workers to staff the care plans. Luckily, this Gift Card incentive is being well received and we have been able to move another 10 families off of the waitlist as staffing has started to improve. We have also brought on another personal care company and hope to work through the other 42 families still waiting for help, some are desperate for services. We have all witnessed the shortages in the service industry for the past few years and the home health and personal care aides specifically are in extreme demand. Thank you to the agencies who are working with us to get these very valuable workers the recognition they deserve.

Asparagus

Asparagus plants grow throughout the world. The biggest producers are China, Peru, Germany, and the U.S. They thrive in temperate climates where the ground freezes. The spring thaw and warming temperatures prompt the spears to emerge from the ground. These are harvested once they reach 6-8 inches tall and the thickest spears are a half-inch thick. They start out thin, get thicker as the season progresses, then taper off again.





Get free at-home COVID-19 tests

Every home in the U.S. is eligible to order 2 sets of 4 free at home tests. If you already ordered your first set, order a second today.

<https://www.covidtests.gov/>

Need help placing an order for your at-home tests?

Call [1-800-232-0233](tel:1-800-232-0233) (TTY [1-888-720-7489](tel:1-888-720-7489)).



We are Looking for new customers!!!
 The Blooming Grove Food Pantry
 St. John Neumann/Good Shepherd Church
 705 Route 739, Lords Valley
 570-775-6791
 3rd Thursday of month
 Come and sign up in person between
 9:30am – 10:30am
 Income < than \$1610/month for single or
 \$2178/month is eligible



Congratu-
 lations
 to
 Helmut.
 He is the
 winner of
 the
 Congregate
 Meal
 Survey
 Gift Card.

Getting Medicare if you already have Marketplace coverage

Even if you have coverage through the Marketplace, you should generally sign up for Medicare when you're first eligible (usually when you turn 65) to avoid a delay in Medicare coverage and the possibility of a Medicare late enrollment penalty.

Once you're eligible to sign up for Part A:

Your Marketplace plan may not renew your coverage at the end of the year. This means you and your family could have a gap in your coverage starting January 1 of next year.

You won't qualify for help from the Marketplace to pay your Marketplace premiums or other medical costs. If you keep getting help to pay your Marketplace plan premiums after you're eligible for Part A, you may have to pay back all or part of the help you got when you file your federal income taxes.

Once you sign up for Medicare, you need to drop your Marketplace coverage the day before your Medicare coverage starts, to avoid an overlap in coverage.

Call PA MEDI for assistance during such times.

Christine Crossley, PA MEDI Local Coordinator
 Diakon Community Services



pennsylvania
 Medicare Education and Decision Insight




(570) 775 – 5550
 Ext 1313

crossleyc@diakon.org

APRIL 2022
Holidays & Observances

-  Walk to Work Day
-  Student-Athlete Day
-  Farm Animals Day
-  Gardening Day
-  Easter Day
-  Velociraptor Awareness Day
-  Skipping Day
-  Babe Ruth Day
-  Zipper Day
-  Bubble Tea Day

woman's day



CHSS


Do you know we have chess games at our Blooming Grove Center on Tuesdays at 1:00 pm? Come on in and join! Any questions, please call Lana 570-775-5550 x 317

Safe Step Walk-in Tub
 Slightly Used, Right Hand Drain,
 57 inches Long, Works,
 Free to Good Home,
 973-229-9872 Leave Message.
 Curbside Delivery Only.

\$50 CASH BINGO

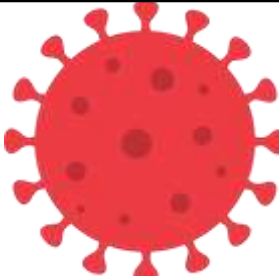
Eastern Pike Center @ Matamoras
 Matamoras Fire House
 506 Avenue Q
 Matamoras PA
starting @ 10:00 am SHARP
 Wednesday, **April, 20th.**
 \$5.00 per card for all games
 every 3rd Wednesday of the month

RESERVATIONS REQUIRED
 Please call 570-775-5550



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

Wayne Memorial Hospital and Wayne Community Health Centers will offer COVID 19 testing at the Pike County Training center beginning March 30th from 9:00 to 10:00 am. Testing will continue to occur the 2nd & 4th Wednesday of the month from 9:00 to 10:00 am through July, 2022.




We have some N95 masks available.
 If you would like some, please call our office 570-775-5550

**EARTH DAY IS THE DAY OF
 CELEBRATION AND MAKING
 PROMISES. TO MAKE IT A HAPPIER,
 HEALTHIER AND GREENER PLANET
 FOR GENERATIONS TO COME.
 HAPPY EARTH DAY!!**



What is Non-Medical Home Care?

AgingCare.com

Non-medical in-home care is supportive care that does not involve medical skill and is therefore provided by senior care aides. This type of home-based care may also go by the following terms: personal care, companion care, homemaker services, custodial care, unskilled care, and non-clinical care.

Professional care aides provide valuable social interaction, help with household chores, and assistance with activities of daily living (ADLs). Personal care involves hands-on care like bathing and toileting assistance whereas companion care focuses on social needs and daily household tasks. When interviewing and selecting a home care agency, ensure you are specific about the services you require as personal care services require a higher level of assistance and training.

Personal Care Services for the Elderly

Personal care aides can provide all the services of a companion caregiver in addition to hands-on physical assistance, such as:

*Bathing or showering *Toileting *Oral hygiene *Feeding *Dressing *Incontinence care

Homemaker & Companion Care Services for the Elderly

*Companionship and socialization *Meal planning and preparation *Laundry *Light housework
*Shopping and errands *Transportation *Mobility assistance *Medication reminders

What Is Home Health Care?

Home health care is medical in nature and may also be described as clinical or skilled care. A prescription from a doctor may be required to obtain these services that are provided by healthcare professionals, such as registered nurses (RNs), licensed practical nurses (LPNs), and physical, occupational, and speech-language therapists. Services may also be provided by home health aides (HHAs) who are acting under the supervision of a registered nurse. Home health care is often short-term and is prescribed as a necessary part of a senior's rehabilitation or treatment while they recover at home. Home Health Care is the one covered by your Medicare Insurance.

Home Health Care Services for the Elderly

*Administration of medication (including IVs and injections) *Monitoring vital signs *Wound care
*Assistance with recovery from illness or injury *Physical therapy *Occupational therapy
*Speech-language therapy *Monitoring of medical equipment *Expertise in specific medical conditions (like Alzheimer's disease or other dementias)

**Donation Coupon Please make your donation 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: _____

Address: _____ Zip: _____

Email: _____

May we print your name as a donor? YES NO

THANK YOU FOR YOUR GENEROSITY



Sponsored by Pike County Area Agency on Aging
Top of the World Restaurant at Saw Creek Estates
148 Cambridge Ct, Bushkill PA 18324
WEDNESDAYS 9:00 am to 3:00 pm



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

4/4—Exercise
4/11— Blood Pressure @ 10:30 Cards & Games
4/18— Easter Hat Contest & Pool Exercise
4/25— Bingo & Birthday Celebration

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

Suggested Lunch
Donation
\$2.50

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

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



4/5– Bingo & Exercise
4/12– Cards & Games
4/19– Easter Hat Contest, Cards & Games
4/26– 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
\$2.50

CENTER WITHOUT WALLS

Tuesdays At Pocono Mountain Lake Estates





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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 CLOSED
4 CLOSED	5 CLOSED	6 Cards & Games Exercise Lunch @ 11:45	7 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 Paint Your Nails Day	8 CLOSED
11 CLOSED	12 CLOSED	13 Cards & Games Exercise Lunch @ 11:45	14 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00	15 CLOSED
18 CLOSED	19 CLOSED	20 Cards & Games Exercise Lunch @ 11:45 Easter Hat Contest	21 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 Earth Day Celebration Easter Hat Contest	22 CLOSED
25 CLOSED	26 CLOSED	27 Cards & Games Exercise Lunch @ 11:45 Birthday Celebration	28 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 Birthday Celebration	29 CLOSED



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Join us in Lackawaxen on Thursday April 7th for nail day. Nail polish will be supplied, but feel free to bring your own.</p>				1 Bingo Lunch Blood Pressure @ 10:00 Walk With Ease Exercise & Line Dancing
4 Closed	5 Closed	6 Cards Bingo Lunch	7 Closed	8 Bingo Lunch Walk With Ease Exercise & Line Dancing
11 Closed	12 Closed	13 Cards Bingo Lunch	14 Closed	15 ALL CENTERS CLOSED GOOD FRIDAY HOLIDAY
18 Closed	19 Closed	20 Cards Lunch \$50 Cash Bingo @ 10:00 	21 Closed	22 Bingo Lunch Walk With Ease Exercise & Line Dancing Easter Hat Contest
25 Closed	26 Healthy Steps 1-4:30	27 Cards Bingo Lunch Golden Age Club	28 Closed	29 Bingo Lunch Walk With Ease Exercise & Line Dancing Birthday Celebration



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cards Arts & Crafts
4 Medical Transport	5 Arts & Crafts Chess @ 1:00	6 	7 Bingo	8 Cards Arts & Crafts
11 Medical Transport Advisory Board Mtg	12 Arts & Crafts Chess @ 1:00 Bigger Shopping Shohola & Dingmans	13  Bigger Shopping Mil/Mat	14 Bingo Bigger Shopping Promised Land	15 All Centers Closed Good Friday Observance
18 Medical Transport	19 Arts & Crafts Chess @ 1:00	20 Cards Dominoes Rummikube	21 Bingo Easter Hat Contest	22 Cards Arts & Crafts
25 Medical Transport	26 Arts & Crafts Chess @ 1:00	27 Cards Dominoes Rummikube	28 Bingo Birthday Celebration	29 Cards Arts & Crafts



KNIGHTS OF COLUMBUS
Council 12571



FOOD FOR FAMILIES & FRIENDS PROGRAM



A Blessed Easter to All



TAKE OUT DINNERS

MUST CALL IN FOR RESERVATION



**PASTA &
MEATBALLS**



April 3 1:30-3:00
St. John's Parking Lot
705 Rt. 739 Lords Valley, PA



**BAKED
HAM**



April 10 1:30-3:00
St. Ann's Parking Lot
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

Trying to cope with grief? St. Vincent de Paul and St. John Neumann church's Grief Group is a faith based support group formed to give comfort to those who are suffering the loss of a loved one.

A six-week series will take place on **Mondays** covering a variety of topics chosen to help those who are grieving. The death of a loved one is difficult to accept and meeting with people who are feeling the same way can help.

All meetings will be held in St. John Neumann's Parish Hall (Route 739 in Lords Valley) on Mondays, April 18 through May 23, 2022 from 2:00 until 3:30 PM.

If you would like to attend these meetings **registration is required.**

If you'd like more information/or to register please call the St. Vincent's Parish office at 570-686-4545 or email stvgriefgroup@att.net.



2022 Menu

Milk served with all meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><i>Please remember if you receive home delivered meals, the suggested donation is \$3.00 per meal, per day. Thank you for your generosity.</i></p>				<p>1 Tomato, Orzo & Spinach Soup Vegetable Lasagna Carrots Italian Bread Jell-O</p>
<p>4 Chicken & Rice Soup Breaded Chicken Strips Roasted Potatoes Peas & Carrots Dinner Roll Peaches</p>	<p>5 Mandarin Salad Teriyaki Meatballs Stir Fried Vegetables Rice Wheat Bread Fresh Fruit</p>	<p>6 Chick Pea & Broccoli Salad Turkey Breast Platter with Mashed Potatoes Gravy Creamed Spinach Wheat Bread Cookies</p>	<p>7 V- Juice Cheese Omelet Salsa Sausage Parry Home Fries Blueberry Muffin</p>	<p>8 Red Cabbage Slaw Stuffed Shells Tomato Sauce Green Beans Italian Bread Fruit Cocktail</p>
<p>11 Orange Juice Lemon Pepper Fish Rice Pilaf Peas & Onions Wheat Bread Fresh Fruit</p>	<p>12 Cole Slaw Chili Con Carne Rice Corn & Red Peppers Corn Bread Pineapple Tidbits</p>	<p>13 Tossed salad Chicken Breast Parmigiana Pasta/ Sauce Italian Green Beans Wheat Bread Fruited Jell-O</p>	<p>14 Apple Juice Stir Fried Chicken Rice Sautéed Oriental Vegetables Wheat Bread Mandarin Oranges</p>	<p>15 ALL CENTERS CLOSED FOR GOOD FRIDAY</p>
<p>18 Three Bean Salad Roast Chicken Rice Medley Succotash Wheat Bread Apple Sauce</p>	<p>19 Split Pea Soup Salisbury Steak/ Gravy Mashed Potatoes Rye Bread Chocolate Cake</p>	<p>20 Red Beets & Onions Sausage, Peppers & Onions on Hoagie Potatoes O'Brien Pudding</p>	<p>21 Southwest Corn Chowder Stuffed Pepper Mashed Potatoes Peas Rye Bread Fruit Crisp</p>	<p>22 Corn & Black Bean Salsa Beef Tacos (Soft) Let, tom & cheese Herbed Rice Red Beans Jell-O</p>
<p>25 Cranberry Juice BBQ chicken Baked Potato Corn Wheat Bread Banana Cake</p>	<p>26 Navy Bean Soup Tuna Salad Hoagie (let, tom, onion) Potato Salad Pudding</p>	<p>27 Cole Slaw Beef Wellington/ Mushroom Gravy Buttered Noodles Zucchini Roll Fresh Fruit</p>	<p>28 Apple Juice Stuffed Cabbage Mashed Potatoes Corn Rye Bread Ice Cream</p>	<p>29 Tossed Salad Pasta Bolognese Green Beans Italian Bread Cookies</p>

Seniors Are Our First Priority

Happy December Birthdays Jimmy,
Kathy, Rhonda & Linda



Happy February Birthday
Nellie



Happy January Birthday Lois



Happy January Birthday Bernice, Kirk & Cherie



Happy February Birthday Doris
and Rhonda



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 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**

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**

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 2021 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 S. Skibber - email: rskibber@pikepa.org

Protective Services & Options Supervisor - Robin Soares - email: rsoares@pikepa.org

Aging Care Supervisor/PA LINK Coord. Monroe/Pike/Wayne – Joan Edel - email: jedel@pikepa.org

Nutrition Site Managers - Cherie Bland, Emily DeLeeuw, Galina Grishina & David Zlasney

Activity & Program Director & Health & Wellness Coordinator - Lana Romeo-email: 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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