

Pike County Area Agency on Aging

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Get \$24

To spend on fruits and vegetables grown in PA when you shop using your

Farmer's Market

Vouchers

Income Guidelines 1 person \$25,142 2 people \$33,874

Must turn 60 years old by December 31, 2022

Nutrition Presentations by our Marywood Interns

8/8-Saw Creek @ 12 noon 8/9-PMLE @ 12 noon 8/11-Lackawaxen @ 12 noon 8/12-Matamoras @ 12 noon 8/25-Blooming Grove @ 12 noon

Pocono Environmental Education Center (PEEC)

August 16th

\$3.00

Lunch will be provided.

We are only taking a limited number of people, first people to sign up and pay will be able to attend. Please see an employee at any center to sign up. JOIN THE PIKE COUNTY AREA AGENCY ON AGING



30+ YEAR ANNUAL CELEBRATION

BEST WESTERN at Hunts Landing 120 US 6, MATAMORAS, PA

Saturday SEPTEMBER 17th @ 3 PM

Join us in celebrating 30+ years with friends, entertainment, food and more.

Everyone is welcome!

\$65 per person.

Hors d'oeuvres and cash bar starts at 3 pm

Entertainment by Broadway Equity Star Cheryl Alexander, Pianist Lennie James, and Rock & Roll Hall of Famer Ron Richardson

Dinner starts at 4 pm Enjoy a cocktail hour featuring: Spanakopita Chicken Satay with Peanut Drizzle Mini Cheese & Potato Pierogis'/Sour Cream Tomato Bruschetta Followed by dinner with a choice of: Sliced Bistro Steak Au Poivre Chicken Florentine Mustard Crusted Salmon with Dill Cream Sauce Grilled Veggie Tower with Filetto Tomato Sauce

> *All served with Rice Pilaf and Seasonal Vegetables accompanied with a Bread Basket And Mixed Green Salad

> > Enjoy a Table of Decadent Desserts

Hello Summer,

Fresh cut grass is a great scent this time of year. The short supply of rain in July caused much of our grass to dry up to a crispy crunchy carpet. Hoping we are getting some much needed rain soon.

The senior centers are available to those who wish to get out of the heat, have some fun and meet new friends and neighbors. Check out the multitude of programs we have going on!!

Our friends at Pocono Environmental Education Center (PEEC) are hosting a small group to attend and learn about birds and native plants. PEEC is a hidden gem in the middle of Delaware Township. There are hiking trails, an outside education area, food & dining area, and even Yurts to stay in with their overnight programs. I have visited the Sugar Shack in February when the Maple Syrup was running and ran a 5k with my kids (well, ran for a large part of it). IF you like nature and

being outdoors, this is the place to go. Check out their website at: PEEC.org

Did you know we still have 200-300 vouchers left for the Farmer's Market.

Come by or call if you would like them mailed to you. We are happy to have new producers join us this year from Jaggers Farm (Robinsons) and they'll be back the rest of the summer, Yay!!



Our interns from Marywood are Moonjo Kim and Sam Rivera. Join them this month as they cook, educate, and assist with all things nutrition! See the calendar for their dates.



is National Fat a Watermelon Dav



Prevent sunburn Avoid sunburn by wearing water-resistant lip balm with an SPF of at least 30 and reapply every hour or so. SPF lip balm can help prevent lip cancer and solar cheilitis, which is irreversible damage to lip tissue. Limit direct exposure from 10 a.m.-3 p.m. when the sun's rays are the strongest. Wide-brimmed hats and caps with visors can also shield your face and lips from the sun.

Symptoms of sunburn Sunburned lips might be redder than normal and sensitive to touch. Swelling, dryness, blisters and scabs are other common signs your lips got too much sun.

Treating sunburned lips Try a cold compress or aloe vera gel to soothe mildly sunburned lips. For moderate-to-severe cases, OTC medicines like acetaminophen and ibuprofen can ease pain, while antihistamines can reduce swelling. Hydrocortisone cream can be applied to lips, but apply it lightly and avoid licking your lips.

When to see the doctor If your lips aren't getting better, or if you suspect infection or sun poisoning, make an appointment with a doctor or dermatologist.



6 Tip-Offs to Avoid Health Scam Rip-Offs

• If the product is claiming to fix everything it is most likely fake and does not do anything but steal your money.

• Personal "success" testimonials like "It cured my diabetes" or "I beat cancer using this" are easy to create and are not a substitute for any scientific evidence. Social media and popular online marketplaces that post these reviews are most often fake.

• There are very few diseases or conditions that can be fixed quickly, even with medical prescriptions. Be wary of any products saying things like "Lose 30 pounds in 30 days" or "eliminates skin cancer in days."

• "All natural" cures or treatments are often used to suggest that the product is safer than conventional treatments; these terms do not equate to safety. Along with this, the FDA has found many products that claim to be "all-natural" but also contain hidden and dangerously high doses of prescription drugs.

• Anything saying "miracle cure", "new discovery" or similar should make warning lights go off in you head. If a real sure for any serious disease or condition was true and FDA approved, it would be shown throughout the media and by licensed health professionals, not through social media or random ads.

• Conspiracy theories also can happen in medicine. Any claims such as "The product Big Pharm does not want you to know about" or "Doctors hate this medicine" are false and are only meant to be distractions from the obvious, common sense questions.

If you ever have any questions regarding any products, please contact a licensed medical professional such as your primary care physician, registered dieticians, and pharmacists.

Commissioner, O. of the. (n.d.). 6 tip-offs to rip-offs: Don't fall for Health Fraud Scams. U.S. Food and Drug Administration. Retrieved July 19, 2022, from https://www.fda.gov/consumers/consumer-updates/6-tip-offs-rip-offsdont-fall-health-fraud-scams

Written by: Samuel Rivera, Marywood University Dietetic Intern





OOD FOR FAMILIES & FRIENDS PROGRAM

TAKE OUT DINNERS MUST CALL IN FOR RESERVATION

Pulled Pork Dinner Sunday, Aug 7th 1:30-3:00 St. John's Parking Lot 705 Rt 739 Lords Valley Kielbasa Dinner Sunday, Aug 14th 1:30 - 3:00 St. Ann's Parking Lot 123 Richardson Ave Shohola

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

O August 2022 Blooming Grove Activities 😿 💵 🕸					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1 Medical Transport	2 Arts & Crafts Chess after lunch	3 Cards Dominoes, Rummikube	4 Bingo	5 Arts & Crafts Cards <i>Picnic @</i> <i>Promised Land</i> <i>State Park</i>	
8 <i>Advisory Board Meeting 12:30</i>	 9 Arts & Crafts Chess after lunch Bigger Shopping Dingmans & Shohola 	10 Cards Dominoes, Rummikube <i>Bigger Shopping</i> <i>Mil/Mat</i>	11 Bigger Shopping Promised Land	12 Arts & Crafts Cards	
15 Medical Transport	16 Arts & Crafts Chess after lunch	17 Cards Dominoes, Rummikube	18 Bingo	19 Arts & Crafts Cards	
22 Medical Transport	23 Arts & Crafts <i>Chess after lunch</i>	24 Cards Dominoes, Rummikube	25 Bingo Intern Presentation Celebrate Birthdays	26 Arts & Crafts Cards	
29 Medical Transport	30 Arts & Crafts <i>Chess after lunch</i>	31 Cards Dominoes, Rummikube	Inspirationa Never stop Learnin never stops Teachin	g because Life	



Farmers Market Vouchers Distribution

Vouchers will be distributed in Saw Creek Estates, Top of the World Restaurant, 148 Cambridge Ct., Bushkill on Mondays from 9:00 to 3:00

Vouchers will be distributed in Blooming Grove, 150 Pike County Blvd, Hawley Tuesdays, Wednesdays & Thursdays 10:00 am to 2 pm ONLY

Vouchers will be distributed in PMLE, Memorial Hall, 2095 Milford Rd, Bushkill Tuesdays from 9:30 to 2 pm

Vouchers will be distributed in Matamoras, 506 Avenue Q, Matamoras on Wednesdays from 10-2 pm

Vouchers will be distributed in Lackawaxen, Beisel Beck Rd & Rt 590, Lackawaxen Wednesdays & Thursdays from 10-2pm

Vouchers will be distributed at Westfall Apts office 132 Hulst Dr on Tuesday, August 9th from 10-2 pm

Each eligible senior may receive (4) four \$6.00 SFMNP checks for a total benefit of \$24.00 ONE time during the program year.

O August	202	22 MENU		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Orange Juice Stuffed Cabbage Rice Pilaf Peas & Onions Dinner Roll Peaches	Split Pea Soup Ham Steak Scalloped Potatoes Squash Rye bread Ice Cream	Tossed Salad Chicken Parmesan Pasta/Sauce Green Beans Italian Bread Pears	Three Bean Salad Beef Stew Carrots & Potatoes Dinner Roll Fresh Fruit	20th Annual Clara Miller Picnic at Promised Land State Park
8	9	10	11	12
Turkey Noodle Soup/Crackers Caesar Salad w/ Chicken Strips Potato Salad Wheat Bread Mandarin Oranges	Cottage Cheese & Fruit Cheese Omelet Salsa Potatoes O'Brien Sausage Patty Corn Muffin	Broccoli & Chick Pea Salad Herbed Baked Fish Orzo Carrots Wheat Bread Fresh Fruit	Tossed Salad Arroz con Pollo (Spanish Chicken & Rice) Peas & Carrots Wheat Bread Pudding	Egg Drop Soup Beef & Broccoli Rice Succotash Dinner Roll Pudding
15 Tossed Salad Salisbury Steak Mashed Potatoes & Gravy Corn Wheat Bread Banana Cake	16 Cucumber Salad BBQ Chicken Roasted Potatoes Ratatouille Dinner Roll Ambrosia	17 Red Beets & Onions Chili Con Carne Rice Corn and Red Peppers Corn Bread Fruited Jell-O	18 Beef Barley Soup Crackers Chicken Strips in Garlic Sauce Rice Zucchini Wheat Bread Fruit Cocktail	19 Tomato Orzo Soup Perogies Home Fried Potatoes Creamed Spinach Rye Bread Cookies
22	23	24	25	26
Cole Slaw Hot Dog(s)/Bun Baked Beans Potato Curls Fruit Salad	Rotini Brussel Sprouts Rye Bread Fresh Fruit	Lentil Soup Macaroni & Cheese Stewed Tomatoes Peas Wheat Bread Yogurt	Caprice Salad Pork & Sauerkraut Mashed Potatoes Corn Rye bread Fruited Jell-O	Cream of Broccoli Soup Chef Salad (Turkey, Ham, Cheese) Macaroni Salad Dinner Roll Fresh Melon
29 Red Cebbage Seled	30 Taggad Salad	31 Mandarin Salad		
Red Cabbage Salad Beef Stroganoff Pasta Succotash Rye Bread Berries	Meat Lasagna & Sauce Italian Green Beans Wheat Bread	Mandarin Salad Chicken Teriyaki Stir Fried Vegetables Rice Wheat Bread		
	Fruit Crisp	Pudding		



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

VOLUNTEER

(Matamoras & Blooming Grove) Senior Center Kitchen & Meal Delivery Health & Wellness Instructors

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

Pike County Food Pantry Food Collection/Distribution Pike County Hands of Hope Hopeline Volunteers

Bushkill Outreach Food Collection/Distribution

American Red Cross

Blood Donor Ambassador **Disaster Relief**

Serving Seniors, Inc. Volunteer Ombudsman

RSVP Senior CHAT Program Call seniors who are isolated or refer someone to receive a friendly call

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



AmeriCorps Seniors

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



WHAT IS SHARE?

SHARE is an affordable housing choice that brings together homeowners who want to share their home with home seekers who are looking for housing in exchange for rent, help around the house, or a combination of both. The home seeker receives their own bedroom and agreed upon use of the common areas. Every arrangement is unique depending on the needs, preferences, and abilities of the participants involved.

WHY SHARE A HOME?

Some people like the idea of having another person around the house. Others are looking for an affordable place to live or a way to supplement their income in order to meet household expenses. In some cases, it enables the older adult to remain in their home and community. Homesharing offers the homeowner:

- Income to help with expenses
- A responsible tenant

Homesharing offers the home seeker:

• A private bedroom with agreed upon, shared common spaces

• Affordable rent Homesharing may offer participants help with household tasks or other agreed upon services. It may also offer the home seeker reduced rent in exchange for services.

HOW DOES SHARE WORK?

A homeowner and home seeker meet separately with the **SHARE** Housing Counselor to discuss needs and preferences, complete the application, and provide references.

The **SHARE** Housing Counselor will:

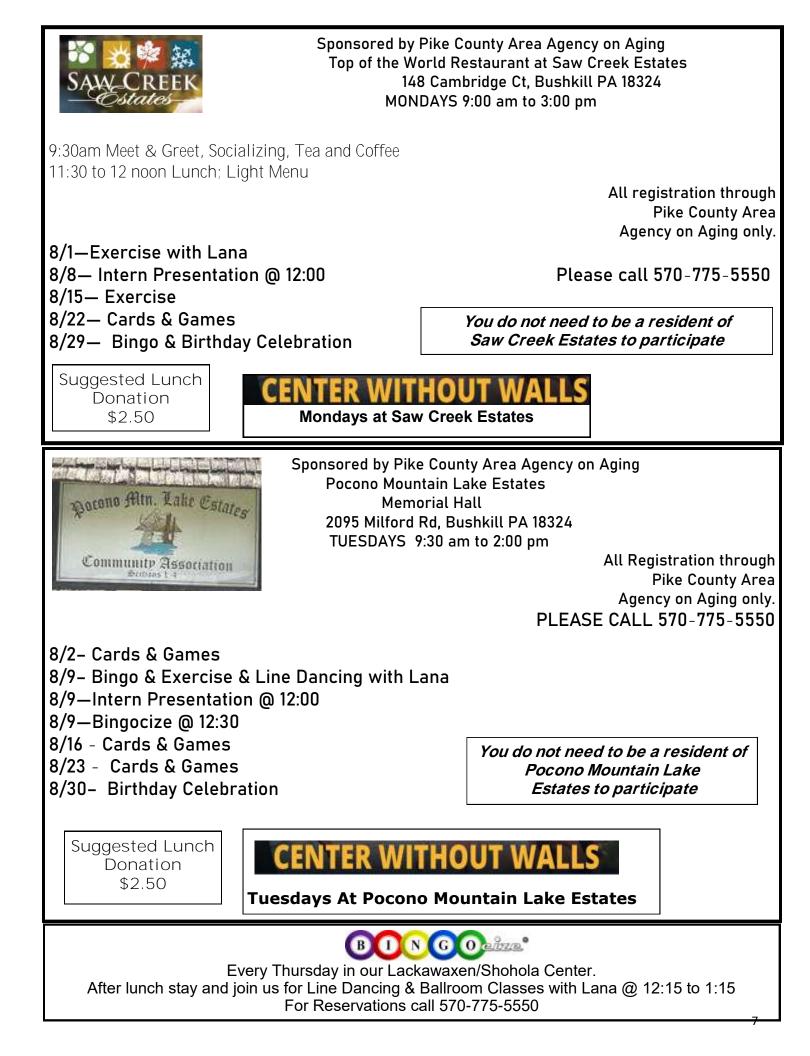
- Conduct reference and background checks
- Identify potential home share matches
- Introduce the homeowners and home seekers
- Coordinate the written homesharing agreement
- Oversee trial living periods
- Provide ongoing support during the term of the agreement
- Connect the participants to other community resources.



WHO IS ELIGIBLE?

Older adults, persons with disabilities, veterans, working professionals, college students, individuals at-risk of homelessness, single parents, or people simply wishing to share their lives and homes with others. **SHARE** participants must be at least 18 years of age and one of the individuals in the match must be over 60.

If interested, please contact Larisa Yusko at (570) 832-5133 or lyusko@pikepa.org



MONDA	Y TUESDA	AY WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED	2 CLOSED	3 Cards & Games Exercise Lunch @ 11:45	4 Lunch @ 11:45	5 CLOSED
8 CLOSED	9 CLOSED	10 Cards & Games Exercise Lunch @ 11:45	11 Lunch @ 11:45	12 CLOSED
15 CLOSED	16 CLOSED	17 Cards & Games Exercise Lunch @ 11:45	18 Lunch @ 11:45	19 CLOSED
22 CLOSED	23 CLOSED	24 Cards & Games Exercise Lunch @ 11:45	25 Lunch @ 11:45 Birthday Celebration BUNGOe	26 CLOSED
29 CLOSED	30 CLOSED	31 Cards & Games Exercise Lunch @ 11:45 <i>Birthday Celebration</i>		

2022 Eastern Pike Center @ Matamoras 9am-2pm 570-775-5550

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Y FRIDAY
1 CLOSED	2 CLOSED	3 Cards Bingo Lunch	4	5 Lunch Exercise & Line Dancing
8 CLOSED	9 CLOSED	10 Cards Bingo Lunch	11 CLOSED	12 Lunch Exercise & Line Dancing
15 CLOSED	16 CLOSED	17 Cards Bingo Lunch BINGO \$150 Cash Bingo@ 10 am	18 CLOSED	19 Lunch Exercise & Line Dancing
22 CLOSED	23 CLOSED	24 Cards Bingo Lunch	25 CLOSED	26 Lunch Exercise & Line Dancing <i>Birthday Celebration</i>
29 CLOSED	30 CLOSED	31 Cards Bingo Lunch		

Milford Beach Picnic Fun



Robert & Carol



In May, the County welcomed **Jesiah Schrader** as the new Director of Veterans' Affairs.

Jesiah served as a medic in the United States Army Active Duty and the Pennsylvania National Guard. He served a tour in Iraq and a mission in Haiti.

He was honorably discharged with an outstanding record and numerous awards.

Before coming to Pike County, Jesiah served veterans and their families in Monroe County as the Deputy Director of Veterans Affairs for seven years.

He is looking forward to being able to properly serve the veterans of Pike County and the surrounding areas by reestablishing the <u>VA Office</u>.

The Commissioners are excited to have such a qualified individual in this important role.



Office Hours Monday to Friday 8:30 to 4:30 Phone: 570-296-3563 Fax: 570-296-3410 Address: 514 Broad St, Milford Email: jschrader@pikepa.org

Advisory Board Meeting Monday, August 8th @ 12:30 Blooming Grove Senior Center Pop Up Farmer's Market 11:00 to 1:00 or until produce runs out

Friday, August 12th Matamoras Fire House Thursday, August 25th Blooming Grove Senior Center

EVENTS and PROGRAMS

Loaves to Fishes Food Pantry Paupack Methodist Church, Route 507 570-857-1141 Serves Palmyra Twp. 1st Friday of month 9:30 am — 11:00 am

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.

Pike County Food Pantry Dreher Township Building (formerly at Moravian Church) 899 Main St. Newfoundland, Pa 570-676-4066 Serves Greene Twp. 3rd Thursday of the month 12pm—2pm

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

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 9:30 to 11:00 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

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: <u>kdantuono@pikepa.org</u>, and get your newsletter sent right to your email address for FREE—Save time and money! <u>www.pikeaaa.org</u>

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

- * Medicare & You 2022 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: Iromeo@pikepa.org

> <u>Blooming Grove Center</u>-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 * Alicia Bonadonna* Cordell Bowman * Jeanne Carlstedt * Laura Guccini-Engle * Kathie Joseph * Leatrice Langer * Barbara Leary * Monica McVitie * Mary Little * Barbara Shevlin * 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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