



2022

Pike County Area Agency on Aging

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Pike County Area Agency on Aging

Help Us Celebrate,
 By Honoring Our Veterans
 With A Holiday Luncheon

When:

Friday, December 16, 2022

Where:

**Eastern Pike Center,
 Matamoras Fire House**

506 Avenue Q, Matamoras, PA 18336

Reservations Required: 570-775-5550

Time: **10:00 am**

Lunch: **11:30** Price: **\$3.00**

Menu

Salad
 Pot Roast
 Carrots
 Pot Roast
 Dinner Roll
 Dessert



Entertainment:
 Ron Richardson

**Free Lunch for
 All Veterans**

**Please, Reservations Required
 570-775-5550**



Come join us for the celebration!

5 years of SHARE housing in
 Monroe, Pike & Wayne counties!

We have matched more than 100
 people in this awesome program

Special Guest Speaker:
 Pennsylvania Department of
 Aging Secretary,

Robert Torres

Pike County Commissioner,
Matt Osterberg

SHARE Housing representatives
 Local Celebrities

When: December 9th 2022
 Program starts at 11:00 am

Where: Blooming Grove Senior
 Center, 150 Pike County Blvd., on
 Route 739

Free lite refreshments will be
 served and you can make a lunch
 reservation by calling
 570-775-5550



Please see page 5 for more information

Holiday Greetings,

Once again, the month of December is here. I hope the cheer, good humor of your UPS driver, and the smell of baked cookies and eggnog are enough to distract you from the ridiculous number of commercials on tv about "holiday shopping" which, in my mind, spoil the season. We are so excited this year as Santa has been very busy in the workshop (at Matamoras Fire Department) and the elves have finished the improvements and updates. Our collaboration with the fire department and the Pa Dept of Aging Senior Center Grant (last year's) has provided for a beautiful venue, which you will soon all see. (see Veteran's Day event for December on the 16th)

Also big news! **SHARE** is celebrating their 5 -year anniversary and Secretary Robert Torres will be here on the 9th to say congratulations along with our Commissioners and a number of SHARE participants. Come out and join in the celebration. Events start at 11:00am.



Thank you to Our Volunteers!

We have some of the best people at not only our Agency assisting and driving and serving, but we also work with some awesome community members at the fire houses, the food pantries, and our Faith Communities, Delaware Valley School District, Wallenpaupack Area School District, Hemlock Ladies Club, Weis Markets, Lake Region IGA, AARP Volunteer Tax preparers, and Roy Hull and our Thanksgiving Dinner supporters of Pike County.

RSVP has brought on board another group of volunteers for meal delivery and senior center helpers.. We will start introducing them to you each month.

Thank you to all of my staff at Pike County AAA, my supervisor staff, my administrative support and the whole care management and protective services team and our nutrition support team. We made it another year and I am impressed everyday by your care and consideration for our community.



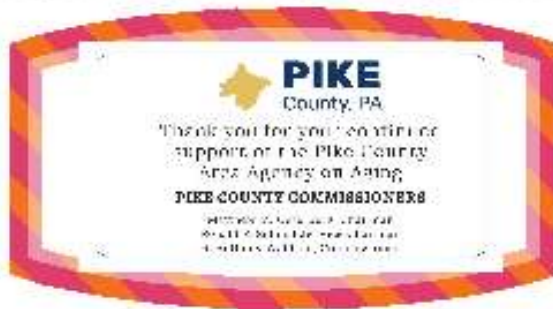
*Thank you to our continued supporters of our 2022 Gala
Jimmy's Lakeside Pizza 570-409-3377 and Karl & Denny Wagner*



Coping with Holiday Depression and Stress

Chaplin Brian Nichols and social worker Maris Magyar will begin by discussing the causes of Holiday Blues, stress responses and other possible signs of depression. They will touch on how depression is treated, how environment is a factor and what we can do about it to prepare for a manageable season. Finally, they will discuss coping ideas and how to reach out for support.

Monday, 12/5 @ Saw Creek @ 11:30
Thursday, 12/8 @ Lackawaxen @ 12:00
Tuesday, 12/13 @ PMLE @ 11:30





Retired & Senior Volunteer Program of Berks, Pike & Wayne Counties Volunteer Opportunities



Pike County Area Agency on Aging

(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



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



Christmas Parties

12/12 Saw Creek
12/15 Blooming Grove
12/15 Lackawaxen
12/20 PMLE

All parties will have bring a gift get a gift.

The cost will be \$10.00 If you do not want to participate that is fine.

Remember if you do not participate you do not take a gift home.



Cooking for 1 or 2

Classes starting soon.
If interested
please call our office
570-775-5550 if you are
interested in signing up.
Classes will be held mid
morning in Blooming
Grove



May your holidays be full of joy and good cheer.



Knights of Columbus
Council 12571
Food for families & friends
program

TAKE OUT DINNER

Must call for reservations

Old Fashioned Stew Over Egg Noodles
St. John's Parking Lot
705 Rt 739, Lords Valley
Sunday, December 4th 1:30 pm to 3:00 pm
St. John's 570-775-6791 or
Angelo 570-775-2755

Chicken Dinner With Sides
St. Ann's Parking Lot
123 Richardson St, Shohola
Sunday, December 11th 1:30 pm to 3:00 pm
St. Ann's 570-832-4275
Frank 347-446-9636 or text

All are invited.
Donations are welcomed but not necessary

St. Vincent's Christmas Craft and Bake Sale

St. Vincent Hall, Rt 739, Dingman's Ferry
Saturday, December 3rd 2:00 PM to 6:00 PM
Sunday, December 4th 9:00 AM to 1:00 PM
Proceeds Benefit the Sharing Fund Aiding
Our Community



SHARE THE LOVE THIS HOLIDAY SEASON!

From November 17, 2022, through January 3, 2023, Subaru of America and its retailers will donate \$250 for every new vehicle purchased or leased to the customer's choice of participating charities. The national charity partners are the same as they have been for several years, including ASPCA, Make-A-Wish, Meals on Wheels and National Park Foundation.

The#ShareTheLoveEvent is back to help deliver meals and support to America's seniors! For every new vehicle bought or leased between November 17th and January 3rd, Subaru of America and Subaru retailers will donate \$250 to#MealsOnWheelsAmerica.

Last year Pike County Area Agency on Aging's home delivered meals program benefited by being a member of MOW of America and joining the SHARE the Love campaign.

Our program received over \$6,000 dollars from Subaru which went to help more seniors in our community.

Our program served over **40,771** meals last year to seniors in their homes, up from last year by 2,400.

Just by spreading the word about this awesome program, and letting new car buyers know that they can help SHARE the Love in their own communities by choosing Meals on Wheels as their home town charity.



Paid Training Opportunities:

Customer Service, Clerical, Custodial, Front Door Monitor, Food Service
AARP paid training program enables you to train and get paid for your training, as you look for a job.

Call AARP 570-972-0080

Age, income and residency requirements apply.

Training Pay will not affect SNAP or Federal Housing Benefits

Wednesday,
 December 14th
 10:00 AM SHARP



Eastern Pike Center @
 Matamoras Fire
 House
 506 Avenue Q
 Matamoras

Please call for
 reservations
 570-775-5550

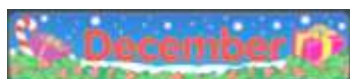


2022

MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <p>Please remember if you receive home delivered meals, the suggested donation is \$3 per person per meal. Thank you for your generosity.</p> </div>			<p>1 Red Beets & Onions Beef Stew w/ Potatoes, Vegetables & Gravy Buttered Noodles Rye Bread Peaches</p>	<p>2 Orange Juice Chicken Parmigiana w/Tomato Sauce Pasta Green Beans Italian Bread Fresh Fruit</p>
<p>5 Tossed Salad Chicken Strips (breaded) Oven Roasted Potatoes Corn Wheat Bread Chocolate Cake</p>	<p>6 Cole Slaw Baked Fish Filet Rice & Vegetable Medley Rye Bread Fresh Fruit</p>	<p>7 Tomato Soup Hot Ham & Cheese Bake w/ Macaroni Stewed Tomatoes Wheat Bread Fruit Cocktail</p>	<p>8 Chick Pea & Broccoli Salad Italian Meatballs & Sauce Pasta Spinach Dinner Roll Mandarin Oranges</p>	<p>9 Italian Wedding Soup Chicken Cordon Bleu Herbed Rice Broccoli Dinner Roll Pudding</p>
<p>12 Cranberry Juice Hot Dog (s) Bun Sauerkraut Baked Beans Fresh Fruit</p>	<p>13 Lentil Soup Swedish Meatballs with Sauce Pasta Peas & Onions Rye Bread Pears</p>	<p>14 Cucumber Salad Chicken Tetrazzini (with pasta, vegetables/cream Sauce Green Beans Cookies</p>	<p>15 Ham & Bean Soup/Crax Pierogis' Pinto Beans Carrots Pineapples</p>	<p>16 Salad Pot Roast Carrots Potatoes Dinner Roll Dessert <i>Veteran Holiday Luncheon</i></p>
<p>19 Beef Barley Soup Salisbury Steak Mashed Potatoes Gravy Brussel Sprouts Rye Bread Apple Sauce</p>	<p>20 Cottage Cheese & Fruit Cheese Omelet Salsa Potatoes O'Brien Sausage Patty Corn Muffin</p>	<p>21 Red Cabbage Slaw Breaded Fish w/Tartar Sauce Potato Puffs Corn Dinner Roll Fresh Fruit</p>	<p>22 Three Bean Salad Sausage, Pepper & Onion on Hoagie Roll Potato Wedges Zucchini Banana Cake</p>	<p>23 Apple Juice Stuffed Cabbage Sauce Mashed Potatoes Succotash Rye Bread Ice Cream</p>
<p>26 ALL CENTERS CLOSED FOR HOLIDAY</p>	<p>27 Tossed Salad Meat Lasagna Carrots & Peas Italian Bread Fresh Fruit</p>	<p>28 Mandarin Salad Chicken Teriyaki Stir Fried Vegetables Rice Wheat Bread Cookies</p>	<p>29 Cranberry Juice Lemon Chicken Breast Rice Pilaf Squash Rye Bread Fruit Crisp</p>	<p>30 ALL CENTERS CLOSED FOR HOLIDAY</p>

Seniors Are Our First Priority



2022 Blooming Grove Activities



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Bingo	2 Arts & Crafts Cards
5 Medical Transport	6 Arts & Crafts <i>Chess after lunch</i>	7 Cards Dominoes, Rummikube	8 Bingo <i>Christmas Party</i>	9 Arts & Crafts Cards
12 Medical Transport	13 Arts & Crafts <i>Chess after lunch</i> <i>Bigger Shopping Dingmans & Shohola</i>	14 Cards Dominoes, Rummikube <i>Bigger Shopping Mil/Mat</i>	15 <i>Bigger Shopping Promised Land</i> <i>Blood Pressure @ 10:00</i>	16 Arts & Crafts Cards <i>Veteran Holiday Luncheon @ Eastern Pike Center</i>
19 Medical Transport	20 Arts & Crafts <i>Chess after lunch</i>	21 Cards Dominoes, Rummikube	22 Bingo	23 Arts & Crafts Cards
26 ALL CENTERS CLOSED FOR HOLIDAY	27 Arts & Crafts <i>Chess after lunch</i>	28 Cards Dominoes, Rummikube	29 Bingo <i>Celebrate Birthdays</i>	30 ALL CENTERS CLOSED FOR HOLIDAY

Jewelry



Class

Jewelry Class Tuesday, December 20th, at Blooming Grove Center 10:00 to 11:30.
Classes are free. Sybil Allen instructor. You can learn to make beautiful things to enjoy or give as gifts. Don't forget the holidays are coming. Sybil said we can learn and listen to great music.
Come and join in the fun. Please call Lana 570-775-5550 ext.1317 for reservations.
Also register for a heart healthy lunch for a donation of \$2.50.



Sponsored by Pike County Area Agency on Aging
Top of the World Restaurant at Saw Creek Estates
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

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

12/5-Speaker @ 11:30
12/5-Exercise with Lana
12/12-Christmas Party
12/12-Cards & Games
12/19- Bingo & Birthday Celebration
12/26-CLOSED FOR HOLIDAY



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

Suggested Lunch
Donation
\$2.50

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



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

12/6-Cards & Games, Exercise & Swim 11-12
12/13-Speaker @ 11:30
12/13-Bingocize @ 12:30
12/20-Cards & Games, Exercise & Swim 11-12
12/27-Bingo & Birthday Celebration
12/27-Exercise & Swim 11-12

*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

VOLUNTEERS NEEDED FOR THE OMBUDSMAN PROGRAM IN MONROE, PIKE AND WAYNE COUNTIES

Volunteer Ombudsmen are community neighbors who are specially trained to help clarify responsibilities and rights of consumers in long-term living facilities. If you are available for a few hours a month, over 18 years of age, concerned about the rights of nursing home and assisted living/personal care home residents and interested in making a difference in the lives of long-term living residents, then you may be perfect for the Volunteer Ombudsman Program. For more information, please contact:

Ombudsman Linda Korgeski at 570-344-7190 or email: lombudsman@epix.net



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


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Cards & Games Exercise Lunch @ 11:45	1 Cards, games & bingo Lunch @ 11:45	2 CLOSED
5 CLOSED	6 CLOSED	7 Cards & Games Exercise Lunch @ 11:45	8 Cards, games & bingo Lunch @ 11:45 <i>Speaker @ 12:00</i>	9 CLOSED
12 CLOSED	13 CLOSED	14 Cards & Games Exercise Lunch @ 11:45	15 Cards, games & bingo Lunch @ 11:45 <i>Christmas Party</i>	16 CLOSED
19 CLOSED	20 CLOSED	21 Cards & Games Exercise Lunch @ 11:45	22 Cards, games & bingo Lunch @ 11:45	23 CLOSED
26 CLOSED	27 CLOSED	28 Cards & Games Exercise Lunch @ 11:45 <i>Birthday Celebration</i>	29 Cards, games & bingo Lunch @ 11:45 <i>Birthday Celebration</i>	30



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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12 CLOSED	13 CLOSED	14 Lunch  \$300 Cash Bingo @ 10 am	15 CLOSED	16 <i>Veteran Holiday Luncheon</i>
19 CLOSED	20 CLOSED	21 Cards Bingo Lunch	22 CLOSED	23 Lunch Exercise & Line Dancing <i>Birthday Celebration</i>
26 CLOSED	27	28 Cards Bingo Lunch	29	30 <i>ALL CENTERS CLOSED FOR HOLIDAY</i>

Octoberfest Fun



Oktoberfest
2022

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 5pm - 6pm

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
Proof of residency required
Declaration of need form to be filled out

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 - 1pm
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

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 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: 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

* Alicia Bonadonna * Cordell Bowman * Jeanne Carlstedt

* Laura Guccini-Engle * Kathie Joseph * 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 * 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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