

INSIDE THIS ISSUE

Page 2— Director's Desk

Page 3-Voucher Info & Calcium Info

Page 4- Blooming Grove Activities & "Age

Your Way" winners

Page 5-MENU

Pages 6-RSVP & SHARE Info

Pages 7-Saw Creek & PMLE Activities

Page 8-Lackawaxen & Matamoras

Activities

Page 9-Pictures

Page 10-Grief Group Info, KOC Monthly

Dinner & Cash Bingo Info

Page 11-Events & Programs

Page 12-Our Contact Information



Robinson's Farm will be bringing their truck to Blooming Grove on Thursday, July 21st from 11:00 to 1:00, or whenever produce runs out.

Come in and do your shopping and have lunch.

If you do not have vouchers, you can make purchases with cash.



Blooming Grove Volunteer Fire Dept

484 Route 739 Lords Valley PA 18428 570-775-7355

Tricky Tray

fundraiser

Saturday, August 20th
Doors open at 5:00 pm
Calling at 7:00 pm
1 mile north of I-84 on Route 739,
exit 34

Thousands of dollars in valued prizes

Admission \$1.00

Call **570-775-7355** and leave a message

Like us on www.https:// www.facebook.com/ BGVFD.STA25/

Pike County Area Agency on Aging

fun & PICNIC



Friday, Aug 5th
Hamburgers, hot dogs, salads, fresh melons
10:00 to 2:00

Promised Land State Park \$3.00 exact change please A fun day filled with games, swimming and entertainment.

Reservations are required please call 570-775-5550 and give phone number when registering

8th Annual Elder Justice Day

Our annual Elder Justice Day will be held on Wednesday, August 10th, 9:00 to 1:00. American Legion #139, 104 Route 2001, Milford

Our theme this year is Fraud Prevention . We will have three speakers.

Banking and Securities will provide a Fraud Bingo with prizes.

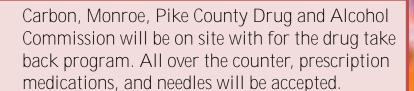
We will have food, fun and prizes.

Door prizes and local providers with educational and local resource information.

Call to make reservations 570-775-5550 Ext. 1318 Robin or 1312 Tracy.

Transportation is provided to this event free of charge. Please call 570-296-3408

Light refreshments and lunch will be provided free of charge



July Greetings

Happy Fourth of July or Happy Birthday America



July also marks the start of our fiscal year. We do not have a budget yet, but we are hopeful that between the Lottery revenue our other resources, we will have sufficient funds for our program.

The SHARE Housing recently celebrated their 5 year anniversary. To date there are 76 matches in our three counties. The Pennsylvania Dept. of Aging has expanded this successful program into a number of other counties throughout the Commonwealth. Congratulations to Larisa Yusko and Lauren Buccine on their dedication and hard work.

The Hawley Adult Day Center is starting to re-build their program post-COVID. If someone you know could benefit from a fun, safe, and engaging day at the Center, contact our intake department for an assessment.

The warm months are here. A few points to remember:

We are not able to leave food out for home delivery. If you are not going to be home, please notify the driver or our office ahead of time.

If you are in need of a fan, we have a limited number of fans available to assist in cooling your home.

Have a great (but safe) Picnic season. In the Kitchen...

Wash hands, work area, and all utensils before, during, and after preparing food.

Marinate food in the refrigerator.

Do NOT thaw frozen items at room temperature.

Always use an insulated cooler with a cold source, such as ice, frozen gel packs, or frozen foods Foods that need to be kept cold include raw meat, poultry, and seafood; deli and luncheon meats or sandwiches; summer salads (tuna, chicken, egg, pasta, or seafood); cut up fruit and vegetables; and perishable dairy products.



A full cooler will maintain its cold temperature longer than a partially filled one. When using a cooler, keep it out of the direct sun by placing it in the shade or shelter.

Avoid opening the cooler repeatedly so that your food stays colder longer.

When serving food outdoors:

Perishable food should not sit out for more than two hours. In hot weather (above 90 °F), food should NEVER sit out for more than one hour.

Serve cold food in small portions, and keep the rest in the cooler. After cooking meat and poultry on the grill, keep it hot until served – at 140°F or warmer.

Keep hot food hot by setting it to the side of the grill rack, not directly over

Bring sanitary wipes or disposable gloves for service and clean up.

Welcome to our new Marywood Nutrition interns who will be bopping around the senior centers and with our In-Home Meal consumers spreading positive nutrition information. Have a question? Let us know



Farmers Market Vouchers



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

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

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

Each eligible senior may receive (4) four \$6.00 SFMNP checks for a total benefit of \$24.00

Calcium

Contributors: Sarah Klemm, RDN, CD, LDN Published April 29, 2022 Reviewed

Calcium is perhaps the most well-known and essential nutrient when it comes to bone health. Building strong bones is like building a healthy balance in your "calcium bank account." Bones are living tissue and constantly in a state of turnover, making calcium deposits and withdrawals daily. Bones don't come with a lifetime guarantee. They need continuous maintenance or they can weaken and break. If your daily intake of calcium is low, your body will take calcium from your bones to keep blood calcium at normal levels. To meet calcium needs and reap the benefits of a lifetime of healthy bones:

Consume three servings of dairy or calcium-fortified soy versions, such as low-fat or fat-free milk, soymilk or yogurt, every day.



Choose leafy green vegetables, calcium-fortified tofu, canned sardines and salmon with soft bones for additional calcium sources.

When selecting 100% fruit juices and ready-to-eat cereals, choose ones fortified with calcium.

Follow an overall healthy eating plan using MyPlate as a guide (www.myplate.gov).

Be physically active with weight-bearing activities such as running, dancing or weight training.

Focus on Food

Registered dietitian nutritionists (RDNs) recommend food as the primary source of vitamins, minerals and other nutrients, such as calcium.

When selecting 100% fruit juices and ready-to-eat cereals, choose ones fortified with calcium.

Follow an overall healthy eating plan using MyPlate as a guide (www.myplate.gov).

Be physically active with weight-bearing activities such as running, dancing or weight training.

When shopping, read the Nutrition Facts Label and select foods that contain 10% or more of the Daily Value for calcium. Foods that are naturally high or fortified with calcium may be labeled as "calcium-rich" or "excellent source of calcium







2022 Blooming Grove Activities





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Arts & Crafts Cards
4 All Centers Closed July 4th Holiday	5 Arts & Crafts Chess after lunch	6 Cards Dominoes, Rummikube	7 Bingo	8 Arts & Crafts Cards
11 Medical Transport	Arts & Crafts Chess after lunch Bigger Shopping Dingmans & Shohola	Cards Dominoes, Rummikube Bigger Shopping Mil/Mat	14 Bigger Shopping Promised Land	15 Arts & Crafts Cards
18 Medical Transport	19 Arts & Crafts Chess after lunch	20 Cards Dominoes, Rummikube	21 Robinson's Pop-Up Farm Market 11:00 am to 1:00	22 Arts & Crafts Cards
25 Medical Transport	26 Arts & Crafts Chess after lunch	27 Cards Dominoes, Rummikube	28 Bingo Celebrate Birthdays Alzheimer's Presentation @ 12:00	29 Arts & Crafts Cards



1st Prize -Florence Christoffersen – We received a beautifully written letter explaining how she "Ages Her Way" by a career of volunteering which fits in the category of Most Community Minded.

Florence also fits in the category for Most talented for entering a poem which she has written.

2nd Prize - **Nellie Curry**—Nellie wins most creative for her crocheting brides' gowns and designing bridal bouquets.







2022 MENU





TUESDAY THURSDAY MONDAY WEDNESDAY **FRIDAY** 1 DONATE Cole Slaw Please remember if you receive Home Chili Con Carne Delivered Meals, the suggested donation is Rice \$3.00 per meal per person. Corn Corn bread Thank you for your donation. 5 6 8 Red Cabbage **Yogurt Cup** Three Bean Salad **Carrot Salad** Closed for 4th of Slaw French Toast **Battered Fish Pork Chop** July Holiday Lemon Chicken Sausage Patty **Tator Tots** Saurkraut **Brussel Sprouts** Breast Blueberry **Mashed Potatoes** Wheat Bread **Herbed Rice** Compote succotash Broccoli Bran Muffin Melon Dinner Roll Rye Bread Cookies Fresh Fruit 11 12 13 14 15 **Minestrone Soup** Mandarin Salad **Orange Juice Tossed Salad** Chick Pea & **Meat Loaf/Gravy Sweet & Sour** Swedish Stuffed Shells **Broccoli Salad Mashed Potatoes** Chicken Meatballs & **Tomato Sauce Chicken Breast** Corn Rice **Green Beans** Parmesan Sauce **Dinner Roll Rotini Noodles** Stir Fried **Tomato Sauce Italian Bread** Jell-O Vegetables **Peas And Onions** Fruit Crisp Pasta **Dinner Roll Rye Bread** Spinach Fresh Fruit Fresh Fruit **Wheat Bread Ambrosia** 18 19 20 21 22 **Cranberry Juice Southwest Corn Tomato Soup Beef Barley Soup Apple Juice** Sausage, Pepper Chowder Ham, Macaroni Vegetable Chicken & Onion Hoagie Caesar Salad w/ Lasagna & Cheese Bake **Cordon Bleu** Potatoes O'Brien Chicken strips Carrots **Stewed Tomatoes** Spanish Rice **Potato Salad** Peas Italian Bread **Rve Bread Zucchini Medley Chocolate Cake** Rye Bread Cake **Pears Wheat Bread** Cookies Fruited Jell-O 25 28 29 26 27 V-8 Juice **Apple Juice** Red Beets & Cream of Broccoli **Tossed Salad Baked Fish Onions** Soup **Hot Turkey Tuna Salad Hoagie** Teriyaki Meatballs Gravy, Mashed Rice medley **Beef Stew, Carrots Lettuce & Tomato** Squash/Zucchini **Potatoes** Cauliflower & Potatoes Pasta Salad **Noodles** Medley **Green Beans** Wheat Bread Fresh Fruit Fruit Cocktail Rye Bread Rice Corn Muffin **Dinner Roll Pudding Peaches**

Seniors Are Our First Priority



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

Bushkill Outreach

Hopeline Volunteers

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.



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





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.

7/4—CLOSED 4TH OF JULY HOLIDAY

7/11— Exercise with Lana

7/18— Pool Exercise

7/18—Alzheimer's Presentation @ 12:00

7/25— Bingo & Birthday Celebration

Please call 570-775-5550

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

7/5- Cards & Games

7/12- Bingo & Exercise with Lana

7/12 - Alzheimer's Presentation @ 12:00

7/19— Cards & Games

7/26 – Birthday Celebration

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



Every Thursday in our Lackawaxen/Shohola Center.

After lunch stay and join us for Line Dancing & Ballroom Classes with Lana @ 12:15 to 1:15

For Reservations call 570-775-5550



2022 Lackawaxen/Shohola Township 9 am to 2 pm 570-685-7808

MONDA	Y TUESDA	AY WEDNESDAY	THURSDAY	FRIDAY
				1 CLOSED
4 CLOSED	5 CLOSED	6 Cards & Games Exercise Lunch @ 11:45	7 B N G O @ noon Lunch @ 11:45 Mahjongg @ 1:00	8 CLOSED
11 CLOSED	12 CLOSED	13 Cards & Games Exercise Lunch @ 11:45	14 B N G O ROON Lunch @ 11:45 Mahjongg @ 1:00 Alzheimer's Presentation @ 12:00	15 CLOSED
18 CLOSED	19 CLOSED	20 Cards & Games Exercise Lunch @ 11:45	21 B I N G O D D D D D D D D D D D D D D D D D D	22 CLOSED
25 CLOSED	26 CLOSED	27 Cards & Games Exercise Lunch @ 11:45 Birthday Celebration	Lunch @ 11:45 Mahjongg @ 1:00 Birthday Celebration	29 CLOSED

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

Birthday Celebration

	ZUZZ E	islei II Pike Ceillei @ Ma	laiiiUia	8 9am-2pm 570-775-5550
MONDAY	TUESDAY	WEDNESDAY	THURSDA	AY FRIDAY
				1 BONGO Lunch Exercise & Line Dancing
4 CLOSED	5 CLOSED	6 Cards Bingo Lunch	7 CLOSED	8 BONGO Lunch Exercise & Line Dancing
11 CLOSED	12 CLOSED	13 Cards Bingo Lunch	14 CLOSED	15 BUNGO directions Lunch Exercise & Line Dancing
18 CLOSED	19 CLOSED	20 Cards Bingo Lunch BUNGO \$100 Cash Bingo@ 10 am	21 CLOSED	Lunch Exercise & Line Dancing Alzheimer's Presentation @ 12:00
25 CLOSED	26 CLOSED	27 Cards Bingo Lunch	28 CLOSED	Lunch Exercise & Line Dancing Birthday Celebration





Joan's Cooking Demo







<u>Italian Flavored Pumpkin Sauce</u> Gluten Free

- 1 Can Pureed Pumpkin
- 1 Medium Onion Diced
- 6 Marinated Garlic Cloves Minced
- ½ Cup Olive Oil
- 2 Tablespoons of Italian Seasoning
- 2 Teaspoons Dried Basil
- 2 Teaspoons Parsley
- 2 to 3 Tablespoons of Sugar (if needed)
- ½ to ¾ of a cup of Rice Vinegar
- 1 Bottle of Spring Water
- Sautee Onion, Garlic, and dried seasonings together in the Olive Oil. Fold in the can of pureed pumpkin. Pour in the water and rice vinegar. Blend to desired consistency. Serve over pasta. Enjoy





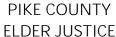
Trying to cope with grief? St. Vincent de Paul and St. John Neumann church's Grief Group is a faith based support group formed to give comfort to those who are suffering the loss of a loved one.

A four-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, August 1st through August 22nd, 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.







\$100 Cash Bingo

Wednesday, July 20th 10:00 am Sharp

Matamoras Fire House 506 Avenue Q Matamoras

Call for Reservations 570-775-5550

\$5.00 per card to pl ay



- Lou Holtz

determines how well you do it."

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 <u>MUST</u> 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 Eliqibility 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

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: Iromeo@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

* 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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