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**STAY SAFE, STAY HEALTHY  
& WEAR A MASK**



Check Out Lackawaxen Senior Center They Are On The Move.

We are starting 2 new programs on Thursdays.

These programs will be starting at

10:00 am, we will have BINGOize. This is a new program that is starting in the state of Pennsylvania be one of the first to learn this program.

You can have a heart healthy lunch for a donation of \$2.50. After lunch we will have Line Dancing and Ballroom Classes that will start 12:15 to 1:15 pm.



We have donated  
Equipment for free  
Shower Benches

Bed-side commodes, walkers  
Canes, grabbers, hearing aide batteries and MORE!!!

*Pike County Area Agency on Aging*

**2022 Farmer's Market Vouchers Here!**

Vouchers will be distributed in **Blooming Grove, 150 Pike County Blvd., Hawley** starting on June 6th, and every Tuesday, Wednesday & Thursday starting June 7th from 10:00 am to 2:00 pm

Distribution in **Matamoras, 506 Avenue Q, Matamoras** on Wednesdays beginning June 1st from 10:00 to 2

Distribution in **Lackawaxen, Beisel Beck Rd & Rte 590, Lackawaxen** on Wednesdays beginning June 6th from 10:00 to 12:00

Distribution in **Bushkill at the Top of the World** Mondays 10 to 2pm &

Tuesdays @ Pocono Mtn. Lake Estates

10 to 2 beginning June 6th

June 7th from 10:00-12:00

Each eligible senior may receive (4) four \$6.00 SFMNP



**Picnic Time Come Join Us**

When: Friday, June 24, 2022

Where: Milford Beach, 150 Milford Beach Road, Milford, PA

Price: \$3.00 (please have exact change thank you)

Menu: Hamburgers, Hot Dogs, Potato Salad, Cucumber Salad, and Fresh Melon We will have a day of Games, Swimming, Entertainment and Great Fun

Reservations required please call 570-775-5550

Please give your phone number when registering

## Happy Summer Time

- June is Men's Health Month. I believe in line with Father's Day events it would be good for ole Dad to get his check up and screenings done. Take a walk with your father, brother, husband, son, friend or co-worker.
- Cook up a healthy meal for the man in your life. Learn more about Men's Health Month by participating in [Wear BLUE Day](#) the Friday before Father's Day
- June is Caribbean American's Month. Hoping to try some new foods this month with my favorite Instagram guy: Caribbean Chris, who actually lives in Canada! He makes Jerk Chicken and Rice and Peas with cocoanut milk, yum
- The start of summer also brings the weeds, the bugs, and don't forget ticks! The Pike County tick task force has been working hard putting together educational pamphlets and speaking events. Check out their latest events at the [Pikepa.gov](http://Pikepa.gov) website. We have copies of "Tick 101" brochures at our centers.
- Please welcome Jean T. and Belinda A. who are helping us on the phones and intake. IT has been extremely busy with more referrals recently.
- The end of the year for us is now with our PA Dept. of Aging budget. We were fortunate to receive some American Rescue funds to stretch the programs and are working on shrinking the Wait List we currently have. [One program that we offer through the Family Caregiver Act is always an option for families who have ability to care for loved ones at home and hire their own caregivers]. The program is limited to \$500/ month for most services and supplies, but it could be a help.
- Our annual picnic season is kicking off at Milford Beach on June 17th. Plenty of room for new folks to come join in the fun. Call 570-775-5550 ext. 1317
- Pike AAA is working with Pike Planning office and the Agriculture Coordinator to bring more access to seniors and fresh produce. Look for more information in July about farm trucks in Pike! We want our Senior Farm Market Nutrition Program to flourish!
- Happy graduation to all the grand kids, kids, and Great Grands this month



Live in the Sunshine, Swim in the Sea, Drink in the  
Wild Air

Ralph Waldo Emerson



**Italian Peas:** Heat olive oil in a skillet over medium heat. Stir in 1 chopped onion; cook until softened, about 5 minutes. Stir in 1 chopped garlic clove and cook for 1 minute. Add peas, and stir in small amt. of chicken stock. Season with salt and pepper. Cover, and cook until the peas are tender, about 5 minutes.

Fresh peas are in season! Peas are in the group of foods known as legumes. Legumes are plants that produce pods with seeds, or beans, inside. Other foods in the legume family include lentils, soybeans, chickpeas, and all types of beans.

What are the nutritional benefits of green peas?

**Peas are a good source of vitamins C and E, zinc, and other antioxidants that strengthen your immune system. Other nutrients, such as vitamins A and B and coumestrol, help reduce inflammation and lower your risk of chronic conditions, including diabetes, heart disease, and arthritis**





## Boosters and Third Doses

- Third doses (full doses) of Pfizer and Moderna and second (full doses) of J&J are available to the immune compromised.
- Booster shots (half doses) for Pfizer and Moderna can be received six to eight months after full course of initial doses

**\$100**

**CASH BINGO**



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

**starting @ 10:00 am SHARP**  
**Wednesday, June 15th.**

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

**RESERVATIONS REQUIRED**

Please call 570-775-5550



From : Joan Edel, ADRC/  
LINK Coordinator



Welcome to June ! Warm weather and summer on us. Let us remember our furry companions

summer heat. Make sure they are well hydrated and in a well ventilated area. Now I will step down from my soap box, HA HA, and provide an update on our Robotic Furry Companion Program. We have received our shipment of Robotic Pets and they have been, and are being distributed to all who signed up to receive one. Individuals who received a pet have been calling, writing, and emailing their thoughts and stories about how their robotic furry companions are brightening their lives and homes. They are reporting, that they have given names to their pets a dog named Spike, a cat named Mr. Whiskers, and one woman received her cat on the anniversary of her husband's passing and gave her cat his name. One woman shared that due to the pet policy in her new living arrangement she had to give up her orange tabby and the robotic pet option has brought a smile to her face again. An individual relayed a story "My Chauncey barked at me this morning when I came down my steps. He sleeps on my couch facing the steps. I am so happy to hear him because the house is so empty. Now I have someone to talk to in the morning". The Long and the short of it is that the Robotic Furry Companion Program, which was sponsored by the PA ADRC Link through a grant from the Administration of Community Living, is helping break people's social isolation.

fun is up-  
during the



**Happy "Pet" owner**



**Cooper inspecting pets**



## 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](mailto:lyusko@pikepa.org)



### 55 or older looking for work?

Get paid to train for a new career. AARP offers 20 hours of training to assist in finding a job.

Must be 55 or older

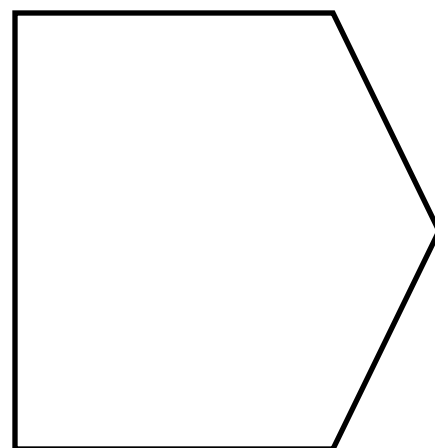
Be unemployed

Meet certain income guidelines

**Call 570-972-0080**

**or email**

**[AARPworks@gmail.com](mailto:AARPworks@gmail.com)**







# AmeriCorps Seniors

## 2022 Volunteer Recognition Event

@ the

Fawn Hill Pavilion

Thanks to all the RSVP Volunteers for their hard work and dedication!

Wayne & Pike County Volunteers were recognized



Pike County Volunteers,



The PT Sponsored table





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



6/6—Card & Games Exercise  
6/13 Cards & Games  
6/20— CLOSED Juneteenth Holiday  
6/27— 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



6/7- Cards & Games  
6/14- Bingo & Exercise  
6/21- Cards & Games  
6/28— 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
		cards & Games Exercise Lunch @ 11:45	<b>2 10:00</b>  Lunch @ 11:45 Mahjongg @ 1:00	<b>3</b> <b>CLOSED</b>
<b>6</b> <b>CLOSED</b>	<b>7</b> <b>CLOSED</b>	<b>8</b> Cards & Games Exercise Lunch @ 11:45	<b>9 10:00</b>  Lunch @ 11:45 Mahjongg @ 1:00	<b>10</b> <b>CLOSED</b>
<b>13</b> <b>CLOSED</b>	<b>14</b> <b>CLOSED</b>	<b>15</b> Cards & Games Exercise Lunch @ 11:45	<b>16</b>  Lunch @ 11:45 Mahjongg @ 1:00	<b>17</b> <b>CLOSED</b>
<b>20</b> <b>CLOSED</b>	<b>21</b> <b>CLOSED</b>	<b>22</b> Cards & Games Exercise Lunch @ 11:45	<b>23 10:00</b>  Lunch @ 11:45 Mahjongg @ 1:00	<b>24</b> <b>CLOSED</b>
<b>27</b> <b>CLOSED</b>	<b>28</b> <b>CLOSED</b>	<b>29</b> Cards & Games Exercise Lunch @ 11:45  <b>Birthday Celebration</b>	<b>30</b>  Lunch @ 11:45 Mahjongg @ 1:00  <b>Birthday Celebration</b>	



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Cards Bingo Lunch	<b>2</b> <b>Closed</b>	<b>3</b>  Lunch Exercise & Line Dancing
<b>6</b> <b>Closed</b>	<b>7</b> <b>Closed</b>	<b>8</b> Cards Bingo Lunch	<b>9</b> <b>Closed</b>	<b>10</b>  Lunch Exercise & Line Dancing
<b>13</b> <b>Closed</b>	<b>14</b> <b>Closed</b>	<b>15</b> Cards Bingo Lunch <b>\$100 Cash Bingo @ 10:00</b> 	<b>16</b> <b>Closed</b>	<b>17</b>  Picnic at Milford Beach  <b>Birthday Celebration</b>
<b>20</b> <b>Closed</b>	<b>21</b> <b>Closed</b>	<b>22</b> Cards Bingo Lunch	<b>23</b> <b>Closed</b>	<b>24</b> Lunch Exercise & Line Dancing
<b>27</b> <b>Closed</b>	<b>28</b> <b>Closed</b>	<b>29</b> Cards Bingo Lunch	<b>30</b> <b>Closed</b>	<b>July 1st</b>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Cards Dominoes Rummikube	<b>2</b> Bingo	<b>3</b> Cards Arts & Crafts
<b>6</b> Medical Transport	<b>7</b> Arts & Crafts <b>Chess @ 1:00</b>  <b>Bigger Shopping Shohola &amp; Dingmans</b>	<b>8</b> Cards Dominoes Rummikube  <b>Bigger Shopping Mil/Mat</b>	<b>9</b> Bingo  <b>Bigger Shopping Promised Land</b>	<b>10</b> Cards Arts & Crafts
<b>13</b> Medical Transport	<b>14</b> Arts & Crafts <b>Chess @ 1:00</b>  <b>Bigger Shopping Shohola &amp; Dingmans</b>	<b>15</b> Cards Dominoes Rummikube  <b>Bigger Shopping Mil/Mat</b>	<b>16</b> Bingo  <b>Bigger Shopping Promised Land</b>	<b>17</b>  Cards Arts & Crafts
<b>20</b> All Centers Closed	<b>21</b> Arts & Crafts <b>Chess @ 1:00</b>	<b>22</b> Cards Dominoes Rummikube	<b>23</b> Bingo	<b>24</b> Picnic at Mil- ford Beach
<b>27</b> Medical Transport	<b>28</b> Arts & Crafts <b>Chess @ 1:00</b>	<b>29</b> Cards Dominoes Rummikube	<b>30</b> Bingo  <b>Birthday Celebration</b>	



**Elder Justice Day**  
August 10th  
10:00 to 2:00  
Fraud Bingo with prizes  
sponsored by  
PA Dept. of Banking and Securities  
This will be an outside event.  
Location to be determined.



**APRIL BIRTHDAYS**

Mary, Ric, Ray, and Mincy



**Lackawaxen Moms**





# 2022 Menu

\*\*\*Milk served with all meals\*\*\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Memorial Day</b> 		<b>1</b> Mandarin Salad Teriyaki Meatballs Vegetables Rice Wheat Bread Ice cream	<b>2</b> Tossed Salad Baked Turkey Ham Scalloped Potatoes Harvard Beets Dinner roll Fruit crisp	<b>3</b> Orange Juice Stuffed Cabbage Mashed Potatoes Peas & Onions Rye Bread Cookies
<b>6</b> Tossed Salad Chicken Breast Parmesan pasta Tomato sauce Italian green beans Italian Bread Fruit cocktail	<b>7</b> Split Pea Soup crackers Baked Macaroni & Cheese Surprise Stewed Tomatoes Wheat Bread Ice cream	<b>8</b> Cream of Broccoli Soup Chicken Cesar Salad Croutons Pasta Salad Dinner Roll Fruited jello	<b>9</b> Tomato Soup Battered Fish Fillet Red Potatoes Zucchini Rye bread Fresh fruit	<b>10</b> Cole slaw Meat Lasagna Sauce Italian Green Beans Wheat bread Peaches
<b>13</b> Cranberry Juice Salisbury Steak Mashed Potatoes Carrots Rye bread Pears	<b>14</b> Red Cabbage Slaw Chicken Piccata Pasta Vegetable Wheat Bread Pudding	<b>15</b> Waldorf Salad Chili Burger on Bun Potato wedges Corn Fresh fruit	<b>16</b> Red Beets & Onions Sausage, Peppers & Onions on Hoagie Potatoes O'Brien cookies	<b>17</b> Annual Picnic @ Milford Beach
<b>20</b> <b>ALL CENTERS CLOSED</b> <b>JUNETEENTH HOLIDAY</b>	<b>21</b> Tossed Salad Beef Stroganoff Buttered Noodles Succotash Rye bread Fresh fruit	<b>22</b> Cucumber Salad Beef Stew with vegetables & potatoes Rye bread Fruited jello	<b>23</b> Broccoli Chick Pea Salad Chicken Strips in garlic sauce String Bean Medley Red potatoes pudding	<b>24</b> Apple Juice Stuffed Shells Red Sauce Italian green beans Wheat bread jello
<b>27</b> Orange Juice Stuffed Cabbage & Sauce Mashed potatoes Squash Wheat bread Fresh fruit	<b>28</b> Three Bean Salad BBQ Chicken Breast Rice medley Brussel sprouts Rye bread Apple sauce	<b>29</b> Lentil Soup Chef Salad (turkey, ham, lettuce/tom) Potato Salad Roll Mandarin salad	<b>30</b> V- Juice Cheese Omelet Salsa Sausage Patty Home Fries Blueberry Muffin	
<b>Seniors Are Our First Priority</b>				

## 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, Galina Grishina & 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

\* 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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