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



Help us celebrate at our 22nd Annual
 Red White & Blue Thanksgiving
 Luncheon Honoring our Veterans

Friday, November 19th

Eastern Pike Center
 Matamoras Fire House
 506 Avenue Q
 Matamoras , PA 1833

Time: 10:00 am
 Lunch: 11:30 am

Price: \$3.00

Menu:

Harvest Salad
 Roast Turkey
 Stuffing
 Mashed Potatoes/w Gravy
 Cranberry sauce
 Peas & Onions
 Dinner Roll
 Pumpkin Pie

Entertainment by Ron Richardson

Free Lunch
 for All
 Veterans

Reservations Required

Please Call 570-775-5550

Pike County Area Agency on Aging

Mask Required If Not Vaccinated



REMINDER

If you are planning
 on attending an
 activity at any of our
 centers,

**RESERVATIONS
 ARE REQUIRED**

Please call 570-775-5550

If you
 require
 assistance
 renewing
 your
 2021-



2022 LIHEAP application, or are
 seeking assistance to apply for
 LIHEAP, please call our office at
 570-775-5550 to schedule an
 appointment.

Brand New Program Coming Up
 Looking for Volunteers.
 Will Train



an exercise program
 For further details contact Lana
 570-775-5550 x 1317

November Greetings



November is also Caregiver month and Alzheimer's Awareness Month. We can't stress enough the importance of early planning and communicating frankly with loved ones. During a crisis is not the time to make long term care decisions. It is very emotional to see the deleterious effects of Alzheimer's disease. Speak with health care professionals about signs and symptoms as soon as possible as certain medications have been effective in delaying symptoms. For support groups, Belle Reve is providing virtual meetings the 4th Thursday of the Month. Contact Eloisa at 570-409-7104.

This year, we are sharing a short list of the community events around the Thanksgiving Holiday. No one should go hungry this time of year.

The American Legion in Milford is once again providing a meal on the Saturday before Thanksgiving. Take out is available. Also St. Vincent De Paul church in Dingman's Ferry is providing take out meals as well. Call 570-686-4545 for information or reservations.



Thanks to all of our generous community members who are working so hard to keep the COVID vaccines available and also providing clinics for those who are homebound. Pike County EMA Director Tim Knapp and his staff have continued to provide our Agency with information and vaccine provided by Wayne Memorial Health System. Pennsylvania has over 71% of people over age 18 fully vaccinated. Keep it up PA!

For our heritage month series, November will feature Native American and Indigenous culture for the theme. Eat with the seasons, eat local, harvest wild edible plants and herbs, and catch or hunt local fish and game. Sounds healthy to me.



Lend a Helping Hand for Joey Barnes Fundraiser

November 20, 2021

Lackawaxen Fire House, Beisel Beck Rd. & Rte. 590,
Lackawaxen, PA 18435

Time: Doors Open at 6:00 pm

Price: \$15.00 per person

Menu

Salad

Meat Balls

Baked Ziti

Bread

Desert

Coffee and Tea

BYOB

Entertainment

For Reservations Call 570-685-4855

The Pennsylvania Medicare Education and Decision Insight (PA MEDI) is the PA State Health Insurance Assistance Program. We provide free, confidential, objective, and easy-to-understand information about Medicare coverage, costs and options.

Even if you are happy with your current health coverage, it is important to know your Medicare coverage options and compare Medicare Advantage Plans and Prescription Drug Plans during this period. You may find Medicare coverage that better meets your needs for the upcoming year.

Not all Medicare coverage options offer the same benefits, and costs can change each year. There may be other health and prescription drug plans available that had better meet your needs for 2022.

PA MEDI is available by appointment to meet with you to review your current Medicare Advantage Plans and Prescription Drug Plan and make decisions for the upcoming year (2022) In - person appointments require us both to wear masks and be symptom-free , or if you prefer, we offer phone call appointments. Appointments are limited and are first come- first-served.

Please come to the Saw Creek center on Wednesday, November 17th @11:30 am for my presentation.



Thanks to Elaine from our Blooming Grove Center for sharing all her abundant knowledge of Greek Culture!



Thanks to Hella from our Lackawaxen Center for sharing all about her German Heritage.



ZOOM exercise classes with Lana
Wednesdays at 12:30 PM

Exercise from 12:30 to 1:30

Line Dancing from 1:30 to 2:00

Send your request to join to: Kdantuno@pikepa.org

Or call 570-775-5550 x 1301 and give us your email address so we can send you the link for the class

Join, have fun, socialize and exercise

FACE MASKS NOT REQUIRED





Monthly ***"BINGO DAY"***

Tuesday, November 9th at 10am SHARP!

Only at our Blooming Grove location.

Reservations are required

\$100 Cash Jackpot!

Only **\$5** per card to play all games.

Lunch will also be available for \$2.50.

You must make a SEPARATE reservation for lunch as well.

Please call 570-775-5550



Donate

Please remember if you receive home delivered meals
the suggested donation is \$3 per meal, per person.

Thank you for your generosity!

Medicare Open Enrollment Period

October 15, 2021 – December 7, 2021

You can enroll or switch into Medicare health and drug plans from October 15 – December 7 by contacting Medicare.

*****Please be advised our appointments to compare Plans are filled at this time*****

Please contact Medicare directly.

1-800-MEDICARE (1-800-633-4227)

24 hours a day / 7 days a week during this time.

OR

<https://www.medicare.gov/plan-compare>

Think about your Medicare coverage needs for 2022. Carefully review your current Medicare coverage, and note any upcoming changes to your costs or benefits. Decide if your current Medicare coverage will meet your needs for the year ahead. If you like your current coverage, and it's still available for 2022, you don't need to take any action to keep it.

Preview 2022 health and prescription drug plans. For a personalized search, log in or create an account (if you have a Medicare Number) to create or access a list of your drugs, compare your current Medicare plan to others, and see prices based on any help you get with drug costs at www.Medicare.gov.

Review your 2022 "Medicare & You" handbook. It has information about Medicare coverage and Medicare plans in your area.

Christine Crossley, PA MEDI Local Coordinator, Diakon Community Services, 150 Pike County Blvd, Hawley, PA 18428
(570) 775 – 5550 Ext 1313 crossleyc@diakon.org

Even though decades of research has revealed that naturally-occurring, cranberry compounds have a number of favorable effects on human health – **MYTHS PERSIST.**

**It's time to
BUST THOSE
MYTHS.**



2021 Blooming Grove Activities 8:00 am - 4:00 pm 570-775-5550

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Medical Transport	2 Arts & Crafts	3 Cards Dominoes, Rummikube	4 Cards Dominoes Rummikube	5 Cards Arts & Crafts
8 Medical Transport Advisory Board @ 12:30 Committee @ 10:30	9 Arts & Crafts Bigger Shopping Dingmans/Shohola Promised Land \$100 Cash Bingo	10 Cards Dominoes, Rummikube Bigger Shopping Mil/Mat	11 Closed for Veteran's Day	12 Cards Arts & Crafts
15 Medical Transport	16 Arts & Crafts Special Arts & Crafts	17 Cards Dominoes, Rummikube	18 Bingo Birthday Celebration	19 Cards Arts & Crafts
22 Medical Transport	23 Arts & Crafts	24 Cards Dominoes, Rummikube	25 <i>All centers closed for Thanksgiving Holiday</i>	26
29 Medical Transport	30 Arts & Crafts			



Sponsored by Pike County Area Agency on Aging
Top of the World Restaurant at Saw Creek Estates
148 Cambridge Ct, Bushkill PA 18324
WEDNESDAYS 9:30 am to 2:00 pm



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

Medicare Informational Presentation
November 17th @ 11:00 am

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

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

No center on November 24th

Suggested
Donation
\$2.50

CENTER WITHOUT WALLS
WEDNESDAYS AT SAW CREEK ESTATES

November

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3 Cards & Games Exercise Lunch @ 11:45	4 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00	5 CLOSED
8 CLOSED	9 CLOSED	10 Cards & Games Exercise Lunch @ 11:45	11 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00	12 CLOSED
15 CLOSED	16 CLOSED	17 Cards & Games Exercise Lunch @ 11:45	18 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 Birthday Celebration	19 CLOSED
22 CLOSED	23 CLOSED	24 Cards & Games Exercise Lunch @ 11:45	25 Closed for Thanksgiving	26 CLOSED
29 CLOSED	30 CLOSED			

November

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3 Cards Bingo Lunch	4 Closed	5 Bingo Lunch Exercise & Line Dancing
8 Closed	9 Closed	10 Cards Bingo Lunch	11 Closed	12 Bingo Lunch Exercise & Line Dancing
15 Closed	16 Closed	17 Cards Lunch \$50 Cash Bingo @ 10:00	18 Closed	19 Red, White & Blue Thanksgiving Birthday Celebration
22 Closed	23 Closed	24 Cards Bingo Lunch Golden Age Club	25 Closed	26 CLOSED FOR THANKSGIVING
29 Closed	30 Closed			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cranberry Juice Tuna Noodle Casserole w/Vegetables Rye Bread Fresh Fruit	2 Tossed Salad Stuffed Shells/ Tomato Sauce Peas Wheat Bread Pears	3 Black Bean & Corn Salsa Chili Burger/Bun Corn Orzo & Vegetable Apple Sauce	4 Chicken & Rice Soup BBQ Chicken Red Potatoes/ Parsley Carrots Rye Bread Fruit Cup	5 Cole Slaw Vegetable Lasagna Zucchini Italian Bread Banana Cake
8 Cottage Cheese Macaroni & Cheese Ratatouille Rye Bread Mandarin Oranges	9 Three Bean Salad Chicken Stew/ Biscuit Vegetables Mashed Potatoes Chocolate Cake	10 Beef Barley Soup Beef Stroganoff Buttered Noodles Brussel Sprouts Rye Bread Fresh Fruit	11 CLOSED FOR VETERANS DAY	12 Chickpea & Broccoli Salad Baked Ziti (Cheese & Sauce) Italian Green Beans Roll Fruited Jell-O
15 Mandarin Salad Lemon Chicken Breast Red Potatoes & Parsley Creamed Spinach Wheat Bread Pudding	16 Red Beets & Onions Chili Con Carne Rice Corn & Red Peppers Corn Muffin Pineapples	17 Minestrone Soup Chicken Cordon Bleu Rice Medley Broccoli Wheat Bread Fresh Fruit	18 Red Cabbage Slaw Baked Fish Au Gratin Potatoes Zucchini Wheat Bread Cookies	19 Harvest Salad Roast Turkey, Stuffing, Mashed Potatoes & Gravy Peas & Onions Cranberry Sauce Ice Cream
22 Tossed Salad Chicken Breast Parmesan/ Sauce Pasta Broccoli Fresh Fruit	23 Tomato Soup/ Crackers Swedish Meatballs Roasted Red Potatoes Carrots Wheat Bread Peaches	24 Cranberry Juice Sweet & Sour Chicken Stir Fry Rice Vegetables Wheat Bread Fruited Jell-O	25 CLOSED FOR THANKSGIVING	26 CLOSED FOR THANKSGIVING
29 Tossed Salad Stuffed Shells Tomato Sauce Peas Wheat Bread Pears	30 Split Pea Soup Sausage, Onions & Peppers on Hoagie Potatoes O'Brien Fruit Crisp	<div>  <p>Saturday November 7th</p> </div>		



KNIGHTS OF COLUMBUS

Council 12571



FOOD FOR FAMILIES & FRIENDS PROGRAM

TAKE OUT DINNERS

MUST CALL IN FOR RESERVATION

Roast Turkey Dinner

Sun., Nov. 7 1:30-3:00

St. John's Parking Lot



Delicious Baked Ham Dinner

Sun., Nov. 14 1:30-3:00

St. Ann's Parking Lot

All are invited.

Donations are welcomed but not necessary

PLEASE CALL

St. John's 570-775-6791

St. Ann's 570-832-4275

Angelo- 570-775-2755

Frank -347-446-9636 or text

Myth #1:

Cranberry products do not help ward-off urinary tract infections (UTIs).

BERRY TRUTH!

Cranberry products have been shown to **reduce the incidence and recurrence of urinary tract infections (UTIs)** in men, women and children.¹⁻⁴

Free Take Out Community Thanksgiving Dinner

Sponsored by St. Vincent de Paul Parish,
101 St. Vincent Drive, Route 739, Dingman Township.
Thursday, November 25, 2021.

Take-out dinners will be available for pick-up from 1 p.m. - 3 p.m.
in the Parish Hall.

Dinner includes turkey, stuffing, mashed and sweet potatoes, vegetables, gravy, cranberries, rolls and great desserts.

Pre-ordering is required by Monday, November 15th.

To place an order please contact the Parish Office (570) 686-4545, email stvdelpaulchurch@gmail.com or visit our website at <https://www.stvdelpaulchurch.org/thanksgiving-dinner>.



\$50

CASH BINGO

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

starting @ 10:00 am Wednesday, November 17th.

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

RESERVATIONS REQUIRED

Please call 570-775-5550

Please remember if you have
Farmer's Market Vouchers
they expire on **November 30th.**
Don't let them go to waste!

Don't FORGET!

Inspirational Quote

Winners are not people who never fail
but people who never quit.

Love, Lana

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.

*****Special Days for November & December*****

November 20th 8 to 11 am

December 18th 8 to 11 am

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 APPRISE 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 & 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 * Steven R. Guccini, Commissioner Representative * 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 * Steven R. Guccini

**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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