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

**Farmer's Market Vouchers  
Application on page 5**

**RITTER'S FARM MARKETS  
now accepts Farmer's Market**

Vouchers  
Open Daily 9:00 - 7:00  
Closed on Sunday

Hamlin	Mt. Cobb
991 Hamlin Hwy	1459 Mt. Cobb Rd
Lake Ariel	Jefferson Twp
18436	18436
570-689-4105	570-689-5151

**Farmer's Market Nutrition  
Vouchers**

accepted at  
Hills Homestead stand.  
657 Route 739,  
(near Dir lam Bros.  
Lumber)  
Lords Valley PA 18428  
Wednesday through Sunday  
11:00 am to 6:00 pm

Paupack Blueberry Farm  
184 Gumbletown Rd  
Paupack  
570-226-9702  
www.paupackblueberryfarm.com  
Monday-Saturday  
8:00 am—5:00 pm  
Sunday 8:00 to 4:00 pm  
Vouchers accepted  
Starting end of July

F  
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FOOD

Fri day  
July 30th

Promised Land State Park  
101 Lower Lake Rd  
Greentown, PA 18426

Please call 570-775-5550 for reservations

Start time: 10:00 am

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**It's Time to Sting  
COVID in the  
Bee-hind!  
We're Open!**



To celebrate, we are starting a  
monthly **"BINGO DAY"** which  
will begin on *Tuesday, July 13 at 10am SHARP!* Only  
at our Blooming Grove location.

Reservations are required.

**\$50 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.

Call Pike County Area Agency on Aging to reserve  
your spot before they all fly away!

570-775-5550

Buzzingly Yours, Lana



# HAPPY Independence Day !

It was a mere 245 years ago when we gained our independence from Great Britain. Comparatively speaking that is not that long ago compared to many other country's history. Freedom: the power or right to act, speak, or think as one wants without hindrance or restraint or the state of being physically unrestricted and able to move easily. It is just that last statement that brings us all to today vs. last year this time and especially the past 15 months. We take it for granted, until we don't have it. This year I am urging everyone to recognize, respect, and re-enforce the meaning of what Freedom is and how can never forget how we obtained it.



This 4<sup>th</sup> of July our Agency will be in the Hawley Parade. We are excited to show the red, white, and blue. This will be one of my first parades (not including the Mummers!) that my kids weren't in the Marching Band. Time moves along swiftly if you don't watch it. Salute to all of the leaders who are opening up the towns, boroughs, and municipalities for events such as this parade. 1:00 PM is the start time.

I am pleased to announce we will be hosting two interns from Marywood's Dietetic Internship program again this year. We will be working on fund projects including the Farmer's Market access and some healthy recipes. The warm weather has really moved the berries and summer fruits along in the growing process. Don't forget to check out Coutts' Farm in Paupack this year. 570-226-9702. Best thing is, you can use your FMNP vouchers there!



With rising temps, please don't forget to check on your neighbors and definitely don't let your pets out in the sun for extended periods of time and hydrate, hydrate, hydrate! The AAA has its heat emergency plan in place, if you need assistance with cooling, obtaining a fan, or getting your windows or screens on, give us a call, we have some helpers in the community.

Stay Cool



## Cooking with Vegetables

While you may think steamed broccoli and cooked spinach are boring, there are tons of innovative ways to prepare veggies. Check out some of our favorite methods for cooking with vegetables, from sauteeing to deep-frying.

### Raw

Raw veggies have tons of micronutrients and a unique crunch that can satisfy cravings for other carb-heavy snacks. If carrots and ranch aren't your thing, try broccoli with [Greek yogurt dip](#), bell pepper strips with hummus, or fresh tomatoes with salt and pepper. Just make sure to rinse or wash your vegetables first, and let them dry before eating for maximum crunch. If you have trouble with raw veggies but want to reap the benefits of adding them to your diet, try adding them to your favorite fruit smoothie.

### Boiled & Steamed

Boiling and steaming vegetables makes them tender and brings out their natural colors. Boiling cooks the vegetables directly in water, while steaming relies on the steam that the boiling water puts off. Both options are great for broccoli, green beans, cauliflower, and asparagus.

Source: [marketsatshrewsbury.com](http://marketsatshrewsbury.com)

BINGO  
Every Thursday at 10:30

Cash Bingo  
Tuesday  
July 13th



**Blooming Grove Senior Center**  
150 Pike County Blvd.  
Hawley PA 18428  
**RESERVATIONS REQUIRED**

570-775-5550

Lunch served at 11:30 am  
Monday through Friday  
8 am to 4 pm

\$2.00 donation Exact change **REQUIRED**



**Lackawaxen/Shohola Senior Center**  
Lackawaxen Fire Dept  
Beisel Beck Rd & Rte 590  
Lackawaxen PA 18435  
570-685-7808  
**RESERVATIONS REQUIRED**  
**CALL 570-775-5550**

**Wednesdays & Thursdays 9:00 am to 2:00 pm**

**\$2.00 donation Exact change REQUIRED**



## ***July is Healthy Vision Month***



### **What is AMD?**

Age-related macular degeneration (AMD) is an eye disease that can blur your central vision. It happens when aging causes damage to the macula — the part of the eye that controls sharp, straight-ahead vision. The macula is part of the retina (the light-sensitive tissue at the back of the eye). AMD is a common condition — it's a leading cause of vision loss for older adults. AMD doesn't cause complete blindness, but losing your central vision can make it harder to see faces, read, drive, or do close-up work like cooking or fixing things around the house.

AMD happens very slowly in some people and faster in others. If you have early AMD, you may not notice vision loss for a long time. That's why it's important to get regular eye exams to find out if you have AMD.

### **How can I lower my risk for AMD?**

Research shows that you may be able to lower your risk of AMD (or slow vision loss from AMD) by making these healthy choices:

- Quit smoking — or don't start      \*Get regular physical activity
  - Maintain healthy blood pressure and cholesterol levels
- Eat healthy foods, including leafy green vegetables and fish

**Am I at risk for AMD?** Your risk for AMD increases as you get older. People age 55 and older are more likely to have AMD. The risk for AMD is also higher for people who:  
Have a family history of AMD      Are Caucasian      or      Smoke



2021



\*\*\*Milk Served With All Meals\*\*\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Coming to Lackawaxen and Blooming Grove in the fall</p> <p><b>Bob-Chi</b></p> <p>Details to follow</p> 			<p><b>1</b></p> <p>Apple Juice Chicken Cordon Bleu Spanish Rice Zucchini Medley Wheat Bread Pudding</p>	<p><b>2</b></p> <p>Cole Slaw Chili Con Carne Rice Corn Corn Bread Fresh Fruit</p>
<p><b>5</b></p> <p><b>CLOSED FOR HOLIDAY</b></p> 	<p><b>6</b></p> <p>Cranberry Juice Stuffed Shells Tomato Sauce Green Beans Italian Bread Fruit Crisp</p>	<p><b>7</b></p> <p>Three Bean Salad Battered Fish Tater Tots Brussel Sprouts Wheat Bread Melon</p>	<p><b>8</b></p> <p>Red Cabbage Slaw Beef Stew w/ Vegetables Red Potatoes Rye Bread Fresh Fruit</p>	<p><b>9</b></p> <p>Carrot Salad Pork Chop Sauerkraut Mashed Potatoes Brussel Sprouts Dinner Roll Cookies</p>
<p><b>12</b></p> <p>V-8 Juice Cheese Omelette Salsa Home Fries Blueberry Muffin</p>	<p><b>13</b></p> <p>Southwest Chicken &amp; Corn Chowder Turkey &amp; Cheese on Rye Lett/Tom/Onion Potato Salad Fresh Fruit</p>	<p><b>14</b></p> <p>Tossed Salad Vegetable Lasagna Carrots Italian Bread Jell-O</p>	<p><b>15</b></p> <p>Tomato Soup Beef Stroganoff Buttered Noodles Spinach Rye Bread Pears</p>	<p><b>16</b></p> <p>Mandarin Salad Teriyaki Meatballs Rice Stir Fried Vegetables Wonton Strips Citrus Salad</p>
<p><b>19</b></p> <p>Apple Juice Salisbury Steak Mashed Potatoes Squash Wheat Bread Fresh Fruit</p>	<p><b>20</b></p> <p>Split Pea Soup Swedish Meatballs Rotini Pasta Pasta Peas &amp; Carrots Dinner Roll Peaches</p>	<p><b>21</b></p> <p>Broccoli &amp; Chick Pea Salad Lemon Chicken Breast Oven Baked Potatoes Pacific Medley Cookies</p>	<p><b>22</b></p> <p>Yogurt Cup Tuna Noodle Casserole Mixed Vegetables Rye Bread Fruit Cocktail</p>	<p><b>23</b></p> <p>Minestrone Soup Pasta Bolognese Italian Green Beans Dinner Roll Mandarin Oranges</p>
<p><b>26</b></p> <p>Cottage Cheese &amp; Fruit Macaroni &amp; Cheese Stewed Tomatoes Dinner Roll Fresh Fruit</p>	<p><b>27</b></p> <p>Waldorf Salad Meatloaf Roasted Potatoes Broccoli Wheat Bread Cake</p>	<p><b>28</b></p> <p>Orange Juice Stuffed Cabbage Mashed Potatoes Corn Medley Rye Bread Pudding</p>	<p><b>29</b></p> <p>Beef Barley Soup Sausage, Pepper &amp; Onions on Hoagie Potatoes O'Brien Ice Cream</p>	<p><b>30</b></p> <p>Clara Miller Memorial Picnic At Promised Land State Park</p> <p>All Centers Closed</p>

**Seniors Are Our First Priority**

**COMMONWEALTH OF PENNSYLVANIA  
DEPARTMENT OF AGRICULTURE  
SENIOR FARMERS' MARKET NUTRITION PROGRAM**

2021 Application Form

To qualify you must be 60 or older (or turn 60 by 12/31/2021) and meet the household income guidelines.

**RIGHTS AND RESPONSIBILITIES**

I certify that the information I have provided below for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law.

Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP.

**By signing this, I acknowledge that my total household income is within the Income guidelines: \$23,828 for 1 person in the household; or \$32,227 for 2 people in the household and that I am 60 years old or older (or will turn 60 by December 31, 2021). Each qualified senior may only receive the \$24 FMNP benefit 1 time each program year.**

**1<sup>st</sup> Participant Name (print):** \_\_\_\_\_ **Birth Date** \_\_\_\_\_  
(Person checks are for)

\_\_\_\_\_  
(Signature)

**2nd Participant Name (print):** \_\_\_\_\_ **Birth Date** \_\_\_\_\_  
(Person checks are for)

\_\_\_\_\_  
(Signature)

**Address (print):** \_\_\_\_\_

**Telephone Number:** \_\_\_\_\_ **County you live in** \_\_\_\_\_

Please circle the most appropriate identifier for each:

<b>Ethnicity:</b>	Hispanic or Latino	Not Hispanic or Latino	
<b>Race:</b>	American Indian or Alaskan Native	Asian	Black or African American
	Native Hawaiian or other Pacific Islander	White	

If more responses are received than funding allows you will be notified by mail.

**Please mail or email your completed form before September 15, 2021 to:  
Pike County Area Agency on Aging, 150 Pike County Blvd., Hawley, PA 18428  
or email to: [kdantuono@pikepa.org](mailto:kdantuono@pikepa.org)**

### USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

### SENIOR FMNP RIGHTS AND RESPONSIBILITIES

I certify that the information I have provided below for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law.

Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP.

By signing this, I acknowledge that my total household income is within the Income guidelines. As follows:

The 2021 household income eligibility is:

1 person - \$23,828	4 people - \$49,025
2 people - \$32,227	5 people - \$57,424
3 people - \$40,626	6 people - \$65,823

Each qualified senior may only receive the \$24 FMNP benefit 1 time each program year.



Northeast Region  
Pike County Group  
Meets 2nd & 4th  
Wednesdays

6:00 PM to 8:00 PM at  
Ryan's Deli  
707 Route 739

For more information call 570-342-1047 or  
info@naminepa.org

**ZOOM exercise classes with Lana  
Wednesdays at 1:30 PM**

**Exercise from 1:30 to 2:30  
Line Dancing from 2:30 to 3:00**

**Send your request to join to:  
kdantuono@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**



**pennsylvania**

Medicare Education and Decision Insight

Effective July 1, 2021, PA State Health  
Insurance Assistance Program (SHIP) currently  
named APPRISE, will be renamed  
**Pennsylvania Medicare Education and Decision  
Insight, PA MEDI;**  
same program, same services for Pennsylvania's  
Medicare beneficiaries, now with a new name.

*Advisory Board Meeting  
July 12th @ 12:30 PM  
Outdoor Luncheon/BBQ  
Committee Meeting @ 10:00 AM*

**LOOKING FOR A FUN ACTIVITY TO PASS THE TIME?**

**LEARN HOW TO CROCHET!**



**STARTING JULY 20<sup>TH</sup> (TENTATIVELY), WE WILL BE  
HOLDING WEEKLY CROCHETING CLASSES EVERY  
TUESDAY AT OUR BLOOMING GROVE LOCATION**

**STARTING AT 10AM!**

**OUR FANTASTIC CROCHETING INSTRUCTOR WILL BE  
VOLUNTEERING HER TIME TO THIS COURSE,**

**SO CLASSES WILL BE FREE OF CHARGE.**

**LUNCH WILL BE AVAILABLE FOR \$2.50.**

**RESERVATIONS REQUIRED FOR BOTH THE CLASS AND  
MEAL.**

**CALL 570-775-5550 FOR RESERVATIONS,  
AND REMEMBER, YOU MUST MAKE A SEPARATE  
RESERVATION FOR LUNCH!**

**YARNING FOR YOU, LANA**

**Donate**

**Please remember if you receive home delivered meals  
the suggested donation is \$3 per meal, per person.  
Thank you for your generosity!**

# 7<sup>TH</sup> ANNUAL ELDER JUSTICE DAY

AUGUST 18, 2021

RAIN DATE AUG 25TH

10:00AM -2:00PM

Airport Park, Matamoras PA

## MEDICARE

Are you new to Medicare?  
If you're just getting started with Medicare or are in your first year, we have the information you need to help you understand your health care options and get the coverage that best fits your situation.

For help contact Pennsylvania Medicare Education and Decision Insight, (PA MEDI ) or visit [Medicare.gov](http://Medicare.gov) to get answers to questions like:

What are the parts of Medicare?  
What's the difference between Original Medicare and Medicare Advantage?  
How do I enroll in a health or drug plan?  
What will Medicare cost me?

It's important to get the information you need. If you want to learn the basics, get information based on your situation, or join a plan, contact us. *Chris 570-775-5550 Ext 1313*  
[crossleyc@diakon.org](mailto:crossleyc@diakon.org)

Reservations are required  
Please call 570-775-5550 x 1305 or 1312  
If you need transportation call 570-296-3408



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

**HAPPY  
4TH OF  
JULY!**

### Pike County Area Agency on Aging

Meal Delivery Drivers, Kitchen Assistants

### Pike County Hands of Hope

Hopeline Volunteers - Need a computer, access to internet and email



### American Red Cross

Blood Donor Ambassador  
Disaster Relief

### Serving Seniors, Inc.

Volunteer Ombudsman



### Friendly Calling Program

Call seniors who are isolated or receive a friendly call

Dawn Houghtaling, RSVP Program Coordinator  
Call: (570) 390-4540 or  
email: [houghtalingd@diakon.org](mailto:houghtalingd@diakon.org)



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

Happy  
80th  
Bobby!



Happy to return to the center



## **AARP** Foundation<sup>®</sup>

55 Years or older & unemployed?  
Paid Training Available  
aarpworks@gmail.com  
570-972-0080

Mature workers-Need a Job? PAID training-Custodian-Food Prep-Customer Service-Clerical MUST be 55 years or older and be UNEMPLOYED and interested in returning to PT or FT employment. Employers are in need of what you can provide: a mature, dependable employee. Must meet low income guidelines.



## WHAT IS SHARE?

**SHARE** is an affordable housing choice that brings together home-owners 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.

## 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.

For additional information or to apply, contact your **SHARE** Housing Counselor:

**Larisa Yusko—Pike & Wayne Counties 570-832-5133 or  
Lauren Buccine—Monroe County  
570-832-0538**



All participants must be at least 18 years of age and one of the individuals must be over 60.

Do you care for  
someone with  
memory  
loss?



## Do you care for someone with memory loss and live in a rural area?

If you are a caregiver living in a rural area, care for someone with memory loss, are 18 years of age or older, and provide care for at least 10 hours per week, you may qualify. Participants will receive up to \$80 in cash for completing 4 study surveys on their caregiving experiences. The study offers a free online workshop, caregiver handbook, and support from trained staff and other caregivers. In addition, Zoom and video capabilities are not required to participate.

If interested, go to <https://caregiverproject.ucsf.edu> or call the toll-free number 1-833-634-0603. Online registration is ongoing.



On June 4<sup>th</sup> a small group met at Promised Land State Park to hear about birds of prey, aquatic birds, and food supply for them. A big shout out to Alison Tews, Environmental Education Specialist who provided the program. The group then was able to assemble and take home their own bird feeders.

## How do you make pine cone bird feeders with peanut butter?

Carefully tie twine around the **pine cone**. Using your **craft** stick or spatula, coat the **pine cone** with **peanut butter**. Then cover the **peanut butter pine cone** with wild **bird** seed.

Hang it on a branch outside, and watch the **birds** enjoy their new treat!

Promised Land State Park

# 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. 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.  
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](http://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](http://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

**The Care Cabin, Growing Lackawaxen**  
169 Urban Rd, Hawley 570-685-2273  
4th Saturday of the month 10am to 2pm  
Proof of residency required.  
Declaration of need form to be filled out.

**Faith Christian Outreach Center**  
104 Red Shale Rd, Lords Valley 570-226-4658  
Application to be filled out the first time  
Every 4th Monday 2pm to 6pm

**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 is 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](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 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](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 & 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

**Dingmans Center**-American Legion 851-107 Ball Park Rd, Dingmans Ferry, PA 18328

(Phone: 570-828-7812)

**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: 570-832-1929)

**ELDER ABUSE REPORTING NUMBER 1-800-233-8911**

**[www.pikeaaa.org](http://www.pikeaaa.org)**

### **Advisory Council**

*Chairperson: \*Patricia Crane \* Steven R. Guccini, Commissioner Representative \* Vacant \* Charlotte Bell \*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*

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