# August 2020

# Pike County Area Agency on Aging

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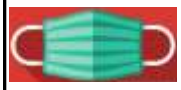


**STAY SAFE, STAY HEALTHY & WEAR A MASK**

## Annual Picnic

Friday, August 7th

Promised Land State Park

10:00 AM

$3.00 (**exact change only please**)

Picnic Food

Swimming

Games

Fun

Entertainment

**Must register** call 570-775-5550

**Farmer's Market Nutrition Vouchers accepted at Hills Homestead stand.**
**657 Route 739,**
**Lords Valley PA 18428**
**Thursday, Friday, Saturday & Sunday**
**11:00 am to 6:00 pm**

Come on out to meet our Marywood Dietetic Interns David Frable and Dana James

They will be giving presentations and demonstrations throughout the month of August

Wednesday, August 19th in Lackawaxen 12:00 - 12:30
Hypertension and Your Diet 101

Thursday, August 20th in Blooming Grove 12:00 - 12:30
Opportunity in Your Cupboards

Wednesday, August 26th in Lackawaxen 12:00 - 12:30
Opportunity in Your Cupboards

Thursday, August 27th in Blooming Grove 12:00 - 12:30
Hypertension & Your Diet 101

Look inside for details about our ZOOM game to be held on Tuesday, August 25th

ENTREES AT A GLANCE

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

*8/3-Pork & Sauerkraut*
*8/4-BBQ Chicken*
*8/5-Fish Sticks*
*8/6-Stuffed Chicken Breast*
*8/7-PICNIC at Promised Land Park*
*8/10-Ham Steak*
*8/11-Pasta Bolognese*
*8/12-Chili Con Carne*
*8/13-Meat Lasagna*
*8/14-Sausage, Peppers & Onions Hoagie*
*8/17-Turkey Tetrazzini*
*8/18-Salisbury Steak*
*8/19-Pierogis*
*8/20-Chef Salad*
*8/21-Stuffed Shells w/Sauce*
*8/24-Chicken Tenders*
*8/25-Stuffed Cabbage*
*8/26-Herbed Cod*
*8/27-Swedish Meatballs*
*8/28-Chicken Parmigiana*
*8/31-Herb Roasted Chicken Thigh*

PHARMACIES THAT DELIVER

**Medicine Shoppe**
**105 Wheatfield Dr**
**Milford 570-296-5138**

**Good Health Pharmacy**
**Dingmans Ferry**
**570-828-7494**

**Village Pharmacy**
**Lords Valley 570-775-9555**

## Tick Task Force

The Pike County Tick Borne Disease Task Force is focused on decreasing the number of tick- borne accounts by building community awareness through education, support, and advocacy.

Meetings

**Fourth Thursday of Each Month (unless otherwise indicated) 10:00 a.m. Pike County Administration Building, 506 Broad Street, Milford, PA**

The Pike County Tick Borne Illness taskforce works with testing for ticks at East Stroudsburg University Wildlife DNA Laboratory www.esu.edu/academics/departments/biology/ddlab

Lyme Aid Kit - www.lymeaidkit.com

Happy Summer Time!

We are in the midst of quite a heat wave and what feels like a drought. The garden is unquenchable this time of year. With people staying home much, much, more than usual, some "beat the heat" tips are in order: **Stay in shade or cool area, stay hydrated, and do not over exert yourself.** If there are the following signs of heat stroke: Confusion, altered mental status, slurred speech, loss of consciousness (coma),

hot, dry skin or profuse sweating, seizures, very high body temperature

Do the following * **Remove unnecessary clothing, including shoes and socks. *Cool yourself or loved one with cold compresses or have the worker wash head, face, and neck with cold water**.

Encourage frequent sips of cool water. Seek medical help if condition worsens. Contact the AAA office for assistance with cooling issues in your home.

We are doing our picnic this year and hope to see many of our folks who have not been out in awhile. The usual fun and games will be available and sure to brighten your day. Call for reservations asap as we need to plan for this in advance.

We will be practicing social distancing and CDC regulations for handling this picnic including sanitizing and safe food service.

Please welcome our summer nutrition interns. They are tasked with providing nutrition services "distanced" so look for some contact via phone and ZOOM. Check out the dates of their events.

If you have a nutrition related question, we are also playing "Stump the student" where they will research your nutrition-related concern and provide the current scientific data about your concern.

With Summer, please be careful in your outdoor activities with regards to pests including ticks. (see below and on left).

**The Knights of Columbus Council 12571 of St. John Neumann Church, Lords Valley offers A TAKE OUT DINNER (reservations required) Aug 2nd Meatloaf Dinner at St. John Neumann Church in Lords Valley 1:30—3:00 and Chicken Shish Kebab at St Ann's Church in Shohola on Aug 9th 1:30—3:00**

St. John's 570-775-6791
Angelo 570-775-2755

Takeout Dinner

St. Ann's 570-832-4275
Frank 347-446-9636 Text

**Donations welcome but not necessary**

**NEED HELP WITH RENT OR MORTGAGE PAYMENTS**?
Pike County may be able to help!

There are several rental assistance programs for residents of Pike County who have fallen behind in payments due to the COVID-19 pandemic

Eviction proceedings may begin after August 31st according to state law

For more information call 570-832-3196

Household income must be below 100% of the area median

| People in Household | Max Income |
|---|---|
| 1 | $55,437 |
| 2 | $63,312 |
| 3 | $71,250 |
| 4 | $79,125 |
| 5 | $85,550 |
| 6 | $91,812 |

# It's ZoomTime

## It's Your Choice

You Have The Power

Based on the core values of appreciating one's own body and moving with other people, I have programs to promote greater mobility, self-confidence, physical awareness, social interaction together but apart, expressiveness in movement, and a greater sense of meaning.

My sessions include:

**Warm-up**

Exercises for seated and standing participants; Tai Chi for Arthritis; Dance exercise

**Cool-down**

At certain times we will be ending with a Meditation session

A Healthy Life starts with **YOU.** The Power is **YOURS**.
Take control Of Your Health.
MAKE A CHOICE-LIVE HEALTHY.
Be Active, Eat Healthy and Live a Better Life.
You Are The Only One That Has The Power To Do This

Please join me in having fun and socializing with others in the convenience of your own home.
Wednesdays 1:30 pm to 2:30 pm. You will need an e-mail to join us.
Please contact kdantuono@pikepa.org or call 570-775-5550.

Things needed:
Stretch bands, or pantyhose or a towel. 1 pound weights or 2 cans of soup. A ball about 24 inches around or a firm pillow.

Your attire something you are comfortable in so you can move freely. Please no birthday suit.
Tell your friends to come join us. All of this being offered to you for the cost of Free!!!
That is correct, for **Free.**
Now what is your excuse for not living a healthier life and having fun doing it?
Please Zoom in we would love to see you or talk to you.

***Lana***

# SENIOR FARMER'S MARKET NUTRITION Program

Vouchers will be distributed by mail this year application on page 5 and
**www.pikeaaa.org**
Each eligible senior may receive (4) four $6.00 SFMNP checks for a total benefit of $24.00
**ONE** time during the program year.
2020 household income eligibility is: 1 person $23,606; 2 people $31,894; 3 people $40,182
Applications may be filled out on line and emailed to kdantuono@pikepa.org
If you fill out an application on line, a script font must be used for your signature.
If you are mailing your application, please send it to (PCAAA)
Pike County Area Agency on Aging, 150 Pike County Blvd., Hawley, PA 18428

Once we receive your application in the mail, we will mail the vouchers to you.
We will only be able to mail them one time.
Please make sure all your information is legible so that we may send it to the correct address.

Vouchers can only be used to purchase fruits and vegetables grown in the state of Pennsylvania.
They cannot be used for any prepared products.

Vouchers can only be used at Farmer's Markets. They cannot be used at grocery stores.

Once you have signed your vouchers, anyone may redeem them.
Please do not lose them, they are like cash and cannot be replaced.

Vouchers do not have any cash value, if you do not use the entire $6.00,
you will not be given any change.

Before you begin to shop, please check that your vouchers will be accepted.

All applications must be returned by September 30th
All vouchers must be redeemed by November 30th

Anyone who receives a suspicious phone call can
report it to the U.S. Senate
Committee on Aging's Fraud Hotline at
1-855-303-9470.
Once a call is identified as a scam, it is important to report it immediately.

**DO YOU HAVE EXTRA SPACE IN YOUR HOME?**
**WOULD YOU LIKE SOME COMPANIONSHIP? EXTRA INCOME ?**

If you answered "yes" to these questions, the SHARE program may be just what you need. SHARE (Shared Housing And Resource Exchange) is a new housing program being offered in Monroe, Pike and Wayne Counties Professional Housing Counselors screen and match people who have extra space in their homes with people seeking an affordable living situation. If this sounds like a good idea for you or someone you know, please contact:

***Pike County and Wayne County, Larisa Yusko 570-832-5133***
***Monroe County Lauren Buccine 570-832-0538***

**FCC Changes Contact Number for National Suicide Prevention Lifeline**

The Federal Communications Commission adopted rules July 16 to establish 988 as the new, nation-wide, 3-digit phone number for Americans in crisis to connect with suicide prevention and mental health crisis counselors. The rules require all phone service providers to direct all 988 calls to the existing National Suicide Prevention Lifeline by July 16, 2022.

For office use only
Application _____

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

# 2020 Application Form

**To qualify you must be 60 or older (or turn 60 by 12/31/2020) and meet the household income guidelines**.

**RIGHTS AND RESPONSIBILIES**

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: $23,606 for 1 person in the household; or $31,894 for 2 people in the household and that I am 60 years old or older (or will turn 60 by December 31, 2020).**

**1st 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:

| | | | |
|---|---|---|---|
| **Ethnicity:** | Hispanic or Latino | Not Hispanic or Latino | |
| **Race:** | 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 <u>mail</u> or <u>email</u> your completed form before September 30, 2020 to:**
**Pike County Area Agency on Aging,**
**150 Pike County Blvd., Hawley, PA 18428**

**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, 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.

This institution is an equal opportunity provider.

**The Opportunity in Your Cupboards**
**A Food Demo Hosted by:**
**David Frable**
**Dietetic Intern of Marywood University**

There may be concerns about the use and effects of canned food items on your health. Some may turn to what is left in our cabinets only as an emergency, but canned fruits and veggies can be a very good source of nutrients, just as good as fresh foods in most cases.

Among older adults, higher fruit and veggie intake protects against high blood pressure, heart disease, and stroke. Research also suggests that higher fruit and veggie intakes help against fighting of several kinds of cancer for both men and women. It's also not just calcium that is crucial with better bone health as diets that include many fruits and veggies also have other nutrients that can also stop bone loss in both males and females.

The health impact of a diet rich in fruits and veggies is largely positive as it also connected with less mental decline and lower rates of falls/walking disability. Eating more veggies can also lead to better muscle strength. This means a smaller chance of falls which will lead to less visits to hospitals and reduced risk of injury.

Come in person or join the ZOOM call to see a quick cooking demo to bring out the potential in the foods we so often forget about. We'll use a few canned food items to create a couple sides to add to your meal plan which will increase your fruit and vegetable intake during the day. Keeping your fruit and veggie intake high is important for your overall health and energy levels.

Presentation dates:

**Blooming Grove – Thursday, Aug 20th - 12pm-12:30pm**

**ZOOM Call – Tuesday, Aug 25th – 1:30pm-2:30pm**

**Lackawaxen – Wednesday, Aug 26th - 12pm-12:30pm**

# August 2020 Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **3**<br>Cranberry Juice<br>Pork & Sauerkraut<br>Mashed Potatoes<br>Corn<br>Rye Bread<br>Mandarin Oranges | **4**<br>Coleslaw<br>BBQ Chicken<br>Home Fried Potatoes<br>Beets<br>Fresh Fruit | **5**<br>Tossed Salad<br>Fish Sticks<br>Potato Cuts<br>Corn<br>Dinner Roll<br>Pudding | **6**<br>Corn & Black Bean Salsa<br>Stuffed Chicken Breast<br>Scalloped Potatoes<br>Peas & Carrots<br>Jell-O | **7**<br>CENTERS CLOSED<br>Picnic At Promised Land State Park |
| **10**<br>Minestrone Soup<br>Ham Steak<br>Potatoes<br>Peas<br>Roll<br>Fruit Cocktail | **11**<br>Three Bean Salad<br>Pasta Bolognese<br>Green Beans<br>Italian Bread<br>Ice Cream | **12**<br>Orange Juice<br>Chili Con Carne<br>Rice<br>Carrots<br>Corn Bread<br>Pears | **13**<br>Tomato Orzo & Spinach Soup<br>Meat Lasagna<br>Zucchini<br>Italian Bread<br>Cookies | **14**<br>Orange Juice<br>Sausage, Peppers & Onions Hoagie<br>Potatoes O'Brien<br>Fresh Fruit |
| **17**<br>V-8 Juice<br>Turkey Tetrazzini<br>Vegetables<br>Wheat Bread<br>Apple Sauce | **18**<br>Cole Slaw<br>Salisbury Steak<br>Mashed Potatoes & Gravy<br>Carrots<br>Dinner Roll<br>Chocolate Cake | **19**<br>Chick Pea & Broccoli Salad<br>Pierogis<br>Succotash<br>Rye Bread<br>Peaches | **20**<br>Beef Barley Soup<br>Chef Salad (Turkey, Cheese, L, T, & O)<br>Crackers<br>Fresh Fruit | **21**<br>Tossed Salad<br>Stuffed Shells w/ Tomato Sauce<br>Broccoli<br>Italian Bread<br>Pears |
| **24**<br>Mandarin Salad<br>Chicken Tenders<br>Potatoes O'Brien<br>Bean Medley<br>Roll<br>Pudding | **25**<br>Orange Juice<br>Stuffed Cabbage<br>Mashed Potatoes<br>Corn<br>Rye Bread<br>Ice Cream | **26**<br>Red Cabbage Slaw<br>Herbed Cod<br>Rice Medley<br>Vegetables<br>Wheat bread<br>Fresh Fruit | **27**<br>Tossed Salad<br>Swedish Meatballs<br>Mashed Potatoes<br>Brussel Sprouts<br>Roll<br>Banana Cake | **28**<br>Chicken Noodle Soup<br>Chick Parm<br>Pasta<br>Green Beans<br>Italian Bread<br>Pineapples |
| **31**<br>Waldorf Salad<br>Herb Roasted Chicken Thigh<br>Potatoes<br>Carrots<br>Italian Bread<br>Citrus Salad | | | | |

HOME DELIVERED MEALS

Please remember if you receive home delivered meals, there is a suggested donation of $3.00 per meal, per person.
Thank you for your generosity

NEW!

Agape Food Pantry
300 Avenue H
Matamoras, PA

diagonal from
United Methodist Church

Every Tuesday 5:00 pm – 6:00pm
845-772-0218

**Seniors Are Our First Priority**

## Hypertension and Your Diet 101

**Healthy Eating for a Strong Heart Beating**

***Hosted By: Dana James, Marywood University Dietetic Intern***

Keeping the heart in good condition is important to maintaining a healthy life. This session is aimed to promote awareness about high blood pressure and incorporate education about food do's and don'ts and how to add heart-healthy foods into your diet.
What causes high blood pressure? **LOTS** of things! Smoking, obesity, too much salt in the diet, high alcohol consumption, stress, older age, and lack of physical activity just to name a few.

Desirable blood pressure readings will be discussed

**Your Diet Plays a HUGE Role in the Prevention and Management of Hypertension**

Please join me in this educational, yet fun presentation geared toward **YOU** and **YOUR** health.

**WHEN:** Wednesday, August 19th in Lackawaxen
Thursday, August 27th August in Blooming Grove
**TIME:** 12pm-12:30pm

## WMH Closing Pike COVID Testing Site

The COVID-19 testing site at the Pike County Training Center in Lords Valley operated by Wayne Memorial Hospital will officially shut down. Its last day will be Thursday, July 30th. The hospital's alternate site at the Wayne County Fairgrounds in Honesdale will move from three days a week to five days a week.

The Pike Center was initially opened at the request of the Pike County Commissioners, who said, "We are grateful to Wayne Memorial Health System for having provided this important service to the people of Pike County during a much needed time. Local COVID-19 testing sites remain available at Dingmans Medical Center and Wal-Mart (as well as the Wayne County Fairgrounds). We are also grateful to Pike County residents and businesses who are continuing to practice proper health guidelines to help prevent the virus."

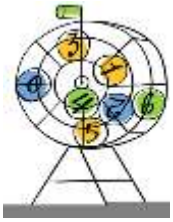
Wayne Memorial Hospital requires a prescription for all COVID-19 tests. Wayne Memorial Laboratory Services offers analysis at the hospital and through an outside service, LabCorp. Testing is available from 8am – 4pm Monday – Friday at the Fairgrounds on Route 191 North. For more information, visit www.wmh.org.

We have a new caller.

Come meet Diana.

Join us for Bingo on **Thursdays in Lackawaxen at 10:30.**

Pam hopes to see you there



**Coutt's Blueberry Farm**
**184 Gumbletown Rd**
**Paupack PA**
**570-226-9702**

**They accept vouchers**

Exercise with Lana the socially distant way

Come
join
the
exercise
class
with
Lana
at Lackawaxen
on
Wednesdays
at 10:30

**Visit https://my2020census.gov/ today to respond.**
**Or call 844-330-2020**
**It only takes 10 minutes**

Do you want to win a $20 gift card to Walmart?

Do you want to add years to your life?

Join us in a ZOOM healthy game contest

Tuesday, August 25th at 1:30 - 2:30

You must have access to the internet and have the ZOOM app

Please send your email address to kdantuono@pikepa.org to register.

Please call 570-775-5550 to give us your email address.

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

**Send your request to join to kdantuono@pikepa.org**

**So we know where to send the link for the class**

Thursday
September 3rd
10:00 am
Milford Beach
150 Milford Beach Road, Milford PA
$3.00 **(exact change only please)**

Picnic Food
Swimming
Games
Fun
Entertainment

**MUST REGISTER 570-775-5550**

## Blooming Grove Senior Center

**150 Pike County Blvd., Hawley PA 18428**

**RESERVATIONS REQUIRED 48 HOURS IN ADVANCE**
**570-775-5550**
**Monday through Friday**
**8 am to 4 pm**

**Bob-Chi Tuesdays @ 10:30 am**

**Lunch served at 11:30 am**

**$2.00 donation Exact change REQUIRED**

******Thursday 8/20 Presentation by David @ 12******

******Thursday 8/27 Presentation by Dana @ 12******

## Lackawaxen/Shohola Senior Center

**Lackawaxen Fire Dept.**
**Beisel Beck Rd & Rte 590**
**Lackawaxen PA 18435**

**RESERVATIONS REQUIRED 48 HOURS IN ADVANCE**
**570-775-5550**
**Wednesdays & Thursdays 9:00 am to 2:00 pm**

******Wednesday, August 5th Bob-Chi******

***** Wednesday, August 19th Presentation by Dana @ 12******

******Wednesday, August 26th Presentation by David @ 12******

**Lunch served at 11:45 am**
**Exercise Wednesdays @ 10:30 to 11:30**
**Bingo Thursdays @ 10:30**

**$2.00 donation Exact change REQUIRED**

## DINGMANS CENTER

**American Legion 851**
**107 Ball Park Rd**
**Dingmans Ferry PA 18328**
**RESERVATIONS REQUIRED 48 Hours in advance**
**570-775-5550**
**Fridays 9:00 am to 2:00 pm**

**Lunch served at 12:00**

**$2.00 donation**

**Exact change REQUIRED**

# PROGRAMS

Loaves to Fishes Food Pantry
Paupack Methodist Church, Route 507
570-857-1141 Serves Palmyra Twp.
1st Friday of month 9:30 — 11:00

**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

Lakeville Pantry
Paupack Township Building
25 Daniels Rd
Lakeville, PA 18438
570-226-3115
4th Tuesday of the month 11:00—2:00

**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**

Good News Good Cheer Food Pantry
St. Luke's Lutheran Church
Rt 590, Greeley PA 18425
570-226-3966

***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 9-12 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: 6:30-7:30**
**Eligibility is based on income**
**Photo ID & verification of address**

Food Pantry
**St. Ann's Catholic Church**
125 Richardson Ave.
Shohola, PA 18458
570-832-4275
Distribution 1st & 3rd Thursdays
9:30 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 Newman/Good Shepherd Church
705 Route 739, Lords Valley
570-775-6867 or 570-775-6791
3rd Thursday of month

## 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 2019 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
**Waiver Supervisor** – Joan Edel - email: jedel@pikepa.org
**Nutrition Site Managers** - Cherie Bland, Pam Capps, Jennifer Miller, David Zlasney & Karen Dosch
**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**

**Dingmans Center-American Legion 851-107 Ball Park Rd, Dingmans Ferry, PA 18328**
**(Phone: 570-828-7812) Tuesday & Friday 9 am to 2 pm**

**Lackawaxen/Shohola Township Center-Lackawaxen Fire Dept., Beisel Beck Rd. & Rte. 590, Lackawaxen, PA 18435. Monday, 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**
**Wednesday & Friday 9 am to 2 pm (Phone: 570-832-1929)**

**Bushkill Center for Active Adults-Top of The World Restaurant at Saw Creek Estates**
**148 Cambridge Ct., Bushkill PA 18324 Wednesdays 9:30 am to 2 pm (Phone: 570-775-5550)**

**ELDER ABUSE REPORTING NUMBER 1-800-233-8911**
**www.pikeaaa.org**

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**Advisory Council**

*Chairperson: *Patricia Crane * Steven R. Guccini, Commissioner Representative * Vacant * Charlotte Bell *Jeanne Carlstedt * Jacqueline Eadicicco * Laura Guccini-Engle * Kathie Joseph * Leatrice Langer * Barbara Leary * Marianne McMillin * Monica McVitie* *Mary Little* Sue Siska * Rita Tepperman * 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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