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STAY SAFE, STAY HOME,

ENTREES AT A GLANCE

Milk served with all meals

- 7/1-*Stuffed Cabbage*
- 7/2-*Sausage, Pepper & Onion Hoagie*
- 7/3-**CLOSED FOR 4th of JULY HOLIDAY**
- 7/6-*Fettucini Alfredo with Broccoli*
- 7/7-*Chicken Parmigiana on Roll*
- 7/8-*Teriyaki Meatballs*
- 7/9-*Stuffed Shells*
- 7/10-*Hot Dog (S)*
- 7/13-*Salisbury Steak*
- 7/14-*Hot Turkey/Gravy*
- 7/15-*Meatloaf & Gravy*
- 7/16-*Chili Burger*
- 7/17-*Chicken Cordon Bleu*
- 7/20-*Cod with Lemon Dill Sauce*
- 7/21-*Chicken Caesar Salad*
- 7/22-*Vegetable Lasagna*
- 7/23-*Beef Stroganoff*
- 7/24-*Sweet & Sour Stir Fry Chicken*
- 7/27-*Herb Roasted Chicken Thigh*
- 7/28-*Alaskan Pollock*
- 7/29-*Ham & Cheese on Rye*
- 7/30- *Chicken Stew on Biscuit*
- 7/31-*Lemon Chicken Breast*

No Salad Bar This Month



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

**We
are in
the
green**

We are cautiously excited to announce we are reopening in July. Due to the necessary precautions and changes, we will be opening the Blooming Grove Center Monday-Friday, Lackawaxen/Shohola Center on



Wednesdays & Thursdays, and Dingmans Ferry at the American Legion on Fridays only.

We have some new protocols and some new meals, but mostly we are looking forward to seeing everyone. Please note the changes in how we will be greeting, feeding, and entertaining you. The Pennsylvania Department of Health and the Center for Disease Control has a number of guidelines we must follow in order to be able to reopen.

The Pike County AAA is most concerned with the health and well-being of our consumers and we want to eliminate any chance of exposure to the COVID-19 virus.

Prior to coming to a senior center, you must complete a Participant Health Screening

We have limitations on the number of consumers who can visit our center to allow for social distancing requirements.

RESERVATIONS ARE REQUIRED. We will honor the first come first serve basis so call early to 570-775-5550. Even if you are not going to be eating, **YOU NEED TO MAKE A RESERVATION** and it must be two days in advance as we will also be sharing this with transportation. This is because there may be limits to who can ride and attend a center on a given day. Even if you drive yourself you **must make a reservation**

STEPS TO ATTEND A CENTER:

- *Masks will be required to attend.
- *We have procured acrylic panels to assist in separation
- *Tables have been removed in centers to promote social distancing
- *Sanitizer will be available at all centers.
- *Hand Washing is vigorously encouraged.
- *Temperature checks will be completed upon entrance. (readings of 100F + will be denied entry)

Our activities will be limited at this time.

You are invited to participate in the **ZOOM** chair exercises with Lana on Wednesdays (Smart phone or computer required)

We will continue the drive-up and pick up options for meals at Lackawaxen and Blooming Grove.

Please contact you care manager or Aging Program staff if you have further questions or concerns.



HAPPY
Independence Day!
★ ★ ★

Happy Independence Day!

Hoping this gorgeous weather has everyone going outside to get some Vitamin D. We are back to some center activities and are slowly and cautiously welcoming you back in Blooming Grove, Lackawaxen and Dingmans centers.

I bet you have been wondering where everyone went for three + months. Well our care management team has been working remotely as many of the administrative people have been doing to avoid too much contact in the office during this pandemic. Everyone has been tremendous about communicating and reaching out to consumers about needs, services, and information. We are bringing people back in a staggered fashion, again to continue to promote social distancing. Last winter we didn't know what that even meant. It has been a long strange journey but is not over yet. We appreciate everyone's patience and want you to know that we are working very, very hard to make the Agency a safe and trusted resource for you and your family.

As a part of the Pike County team with the Commissioners we are back to normal business hours, but are encouraging phone call interactions if at all possible. The Farmers Market Vouchers are a big deal and kudos to Kathy D who has been manning the mail and phones to get as many vouchers out to people as possible. Like many programs it will be different this year but still worth the fresh veggies and fruits you can purchase!

With the temperature climbing I have to remind everyone, volunteers included, that cold food needs to be kept cold and iced chests and coolers will be mandated for transport. For our Home Bound Meal consumers, we will not be able to leave meals at residences if there is no answer or communication from you. Our food safety guidelines prevent this. Please let the office know if you will not be home so we can arrange alternative delivery for you.



July is also picnic month, although we have not included a picnic this month, we have outside dining available at Blooming Grove on our patio. Our annual Promised Land /Clara Miller Memorial will be on August 7th. Because we will be outdoors we are able to do this event and will take every safety precaution to make a great safe event again.

Advocacy is needed for our coming budget year as we fear a difficult funding year both locally, state, and federally. We thank everyone who has supported the Agency with our Sponsor a Senior Campaign started in March (remember March for Meals?) So long ago..... So far we have raised over \$16,000 which so helps the program during this difficult time. Our Lottery funds are our major funding source, so please keep scratchin'!



Our Four Year Plan presentation will be vetted at the Commissioners regularly scheduled monthly meeting on July 1st. We are putting together the plan for 2020-2024. Tune into their live stream to give us your input. If you would like the ZOOM connection, please contact the office 570-775-5550. Have a Great Cool Time!





Every 10 years, the federal government conducts a population count of everyone in the United States. Data from the census provide the basis for distributing more than \$675 billion in federal funds annually to communities across the country to support vital programs—impacting housing, education, transportation, employment, health care, and public policy.

They also are used to redraw the boundaries of congressional and state legislative districts and accurately determine the number of congressional seats each state has in the U.S. House of Representatives.

Responding to the census is not only your civic duty; it also affects the amount of funding your community receives, how your community plans for the future, and your representation in government. Specifically, data from the 2020 Census are used to:

- ◆ Ensure public services and funding for schools, hospitals, and fire departments.
- ◆ Plan new homes and businesses and improve neighborhoods.
- ◆ Determine how many seats your state is allocated in the House of Representatives.

Please go online to **2020census.gov** to fill out the form on line. It only takes about 2 minutes.



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 (PAAAA)

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



Unfortunately our AARP Tax-Aide Volunteers will not be back this year to help you file your income taxes.

Federal and State deadlines have been extended to July 15th.

<https://signup.aarpfoundation.org/preparing-your-taxes-online/>

Above are the free tax filing software programs. Note the latter three have age limitations which would eliminate their use by a large number of tax payers.

Also there is a link to the AARP assistance link for help with tax preparation. You must have the ability to access one of the free on line software packages and communicate electronically. There is no ability to retrieve information from prior year submissions. The response will not be from a Counselor located in Pike or Wayne counties.

The following items have been added to the out of scope exceptions if using the on line tax assistance:

- ◆ Consolidated brokerage statement
- ◆ Schedule K-1
- ◆ Education credit
- ◆ Retirement income 1099R when taxable amount not determined on the form

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 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: \$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 mail or email 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.



Donation Coupon

Please make your donation payable to:
**Pike County Area Agency on Aging
(PCAAAA)**

Mail to: **Pike County Area Agency on Aging,
150 Pike County Blvd., Hawley, PA 18428**

Name: _____

Amt of Donation:\$ _____

Address: _____

Zip: _____

May we print your name as a donor? YES NO

THANK YOU FOR YOUR GENEROSITY

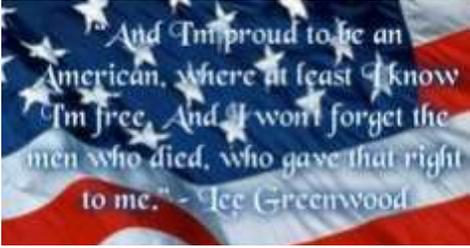


Please remember if you receive home delivered meals, there is a suggested donation of \$3.00 per meal, per person.
Thank you for your generosity

July

2020

Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Corn & Black Bean Salsa Stuffed Cabbage Mashed Potatoes Succotash Roll Pineapples	2 Tomato & Green Bean Salad Sausage, Peppers & Onion Hoagie Potatoes O'Brien Pudding	3 CLOSED FOR 4TH OF JULY HOLIDAY
6 Juice Fettuccini Alfredo with Broccoli Rye Bread Peaches	7 Split Pea Soup Crax Chicken Breast Parmigiana on roll Rice Medley Pudding	8 Asian Slaw Teriyaki Meatballs Rice Stir Fry Pepper Medley Dinner Roll Mandarin Oranges	9 Tossed Salad Stuffed Shells Tomato Sauce Broccoli Italian Bread Jell-O	10 Cole Slaw Hot Dog (S) Bun Baked Beans Potato Salad Fresh Fruit
13 Juice Salisbury Steak Rotini Pasta & Gravy Carrots Dinner Roll Apple Sauce	14 Orange Juice Hot Turkey/Gravy Red Bliss Potatoes Sautéed Zucchini Wheat Bread Banana Cake	15 Broccoli & Chick Pea Salad Meatloaf & Gravy Mashed Potatoes Green Beans Rye Bread Fresh Fruit	16 V-8 Juice Chili Burger on Bun Corn Fruit Cocktail	17 Cucumber Salad Chicken Cordon Bleu Red Oven Roasted Potatoes Carrots Dinner Roll Ice Cream
20 Cranberry Juice Cod with Lemon Dill Sauce over Rice Vegetable Fresh Fruit	21 Turkey Noodle Soup Chicken Caesar Salad Croutons Pasta Salad Dinner Roll Fruit Cocktail	22 Tossed Salad Vegetable Lasagna Broccoli Italian Bread Pudding	23 Green Bean & Tomato Salad Beef Stroganoff Egg Noodles Squash Rye Bread Apple Cake	24 Mandarin Salad Sweet & Sour Stir Fry Chicken Vegetables Rice Rye Bread Ambrosia
27 Waldorf Salad Herb Roasted Chicken Thigh Potatoes Carrots Italian Bread Citrus Salad	28 Red Cabbage Salad Alaskan Pollock Buttered Noodles Mixed Vegetables Wheat Bread Fresh Fruit	29 Split Pea Soup Ham & Cheese on Rye L/T/O Macaroni Salad Pears	30 Orange Juice Chicken Stew on Biscuit Vegetables Chocolate Cake	31 Tossed Salad Lemon Chicken Breast Pacific Medley Rye Bread Peaches

Seniors Are Our First Priority

Blooming Grove Senior Center

150 Pike County Blvd., Hawley PA 18428

RESERVATIONS REQUIRED

570-775-5550

Monday through Friday
beginning Monday, July 6th 8 am to 4 pm

WE ARE OPEN!

**INDOOR AND OUTDOOR
SEATING AVAILABLE!**



Lunch served at 11:30 am

\$2.00 donation

Exact change **REQUIRED**



Lackawaxen/Shohola Senior Center

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

RESERVATIONS REQUIRED

570-775-5550

Wednesdays & Thursdays 9:00 am to 2:00 pm
beginning July 8th

Lunch served at 11:45 am

\$2.00 donation

Exact change **REQUIRED**



DINGMANS CENTER

American Legion 851
107 Ball Park Rd
Dingmans Ferry PA 18328
RESERVATIONS REQUIRED

570-775-5550

Fridays 9:00 am to 2:00 pm

Beginning July 10th



Lunch served at 12:00

\$2.00 donation

Exact change **REQUIRED**



NOTICE

We're Practicing
Social Distancing

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 5/18/2020
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 6/23 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



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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