



# Pike County Area Agency on Aging

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## Joe Scibetta's Retirement Party Mount Haven



### Entrees at a Glance

- 8/01 BBQ Chicken w/ Oven brown potato
- 8/02 CLOSED—Promised Land Picnic
- 8/05 Chicken Cordon Bleu w/ gravy
- 8/06 Krab Salad Platter
- 8/07 Lemon Chicken w/ Oven brown potato
- 8/08 Beef Stroganoff over Rotini
- 8/09 Ital Sausage, Peppers & Onion Hoagie
- 8/12 Veggie Nuggets w/ Potatoes O'Brien
- 8/13 Meatloaf & Gravy w/ Mashed Pot
- 8/14 Stuffed Shells in Tomato Sauce
- 8/15 Lemon Pepper Fish w/ Mac & Cheese
- 8/16 Rotini & Meatballs w/ Tomato Sauce
- 8/19 Stuffed Chicken with Broccoli
- 8/20 Stuffed Cabbage w/ Mashed potatoes
- 8/21 Swedish Meatballs w/ Rotini pasta
- 8/22 Sweet & sour Chicken w/ Rice
- 8/23 Salisbury Steak w/ Gravy & Mashed Pot
- 8/26 Chicken Salad on Rye Bread
- 8/27 Alaskan Pollack w/ Rice Pilaf
- 8/28 BBQ Chicken w/ Oven brown Potato
- 8/29 Chili Con Carne w/ Rice & Mex Corn
- 8/30 Roast Turkey w/ Gravy & Stuffing



SALAD BAR—Thurs. & Fri.



### DO NOT CALL REGISTRY



If you would like to stop those nagging calls from solicitors you can place your phone on the Do Not call registry either by calling 1-888-382-1222 or go on line to: [www.donotcall.gov](http://www.donotcall.gov)

Pike County AAA, friends, volunteers, and fellow transportation drivers came out to Mount Haven on July 19th, to bid Joe a fond farewell at his retirement dinner. You will be sorely missed Joe!

Lower Left is Joe Scibetta with Antonio Biafora, Upper Left is Larry Fluhr and Bill Werner.



Thank You to all who have advocated for the Lottery monies to come to Older Pennsylvanians. We don't have the final numbers yet, but we were successful in receiving an increase in funds this year from the Pennsylvania Lottery. Our Governor has addressed the sorely needed funds to help those families on waiting lists for personal care, respite care, and adult day care as well as home delivered meals, medical equipment and assistive technologies services across the state. We will know more in the coming weeks, but a big thank you to Governor Corbett, Senator Lisa Baker, Representative Mike Peifer and Representative Rosemary Brown.

We plan on contacting those individuals in the next week or two, if not already, who are affected by Alzheimer's Disease. Our Agency knows what a significant effect it has on families and the profound toll it takes on caregivers. If you or someone you know would like to be a part of this planning committee, please contact me, or Rene Bernatzky, RN, ACM Supv. for comments or information. There will be a meeting presented by the Pa. Dept. of Aging on August 13, in Scranton at the Penn State Worthington Campus. This meeting is the start of the state plan to address this devastating disease and what needs to be done for people and their families to address the issues they face each day. There is a comment contact at: Pa. Alzheimer's State Plan, 555 Walnut St. 5<sup>th</sup> Floor, Harrisburg, Pa 17101. Or email at: [alzstateplan@pa.gov](mailto:alzstateplan@pa.gov), to reserve a spot on the 13<sup>th</sup>, call 717-425-5115 or toll free @ 1-800-753-8827. The Bocce Court is now READY and waiting for all teams and singles. The sides are up and the grass is mowed. Please feel free to come and practice on our new court. Thank You to the Bocce Angels who came and looped it up for us. Looking for teams to sign up and or singles to sign up for our in house league.



## Farmers Market Fresh!

Fresh fruits & vegetables are one of the best ways to get nutrition into our body. They supply many vitamins & minerals that are not as readily available from other sources. Even though taking supplements to meet our needs isn't a bad thing, it's important to get out nutrients from food first. Fruits & vegetables are rich in the form of potassium that favorably affects metabolism. This form of potassium may help to reduce risk to kidney stones and bone loss. Therefore, our diet should supply the majority of our nutrients. Also, only a small amount of sodium or "salt" occurs naturally in foods, & adding salt at the table is not usually the biggest problem, the problem is processed foods! When you make food at home, you get to control the salt content. Come & hear about lowering sodium in your diet, eye health, & why fruits & vegetables are so good for you!

Katie, the student dietetic intern from Marywood University will be giving you the scoop on the value of nutrition in August.

### Yogurt Salad Dressing

8 oz fat-free plain yogurt  
1/4 cup mayonnaise, light or low fat  
2 tbsp. chives, dried  
2 tbsp. dill, dried  
2 tbsp. lemon juice  
Mix all ingredients in a bowl and refrigerate  
Makes 5 servings

### Nutritional value per serving:

Serving size 2 tbsp.  
Calories: 39  
Total Fat: 2g / Saturated Fat 9g  
Cholesterol 3mg, Protein 8g  
Carbohydrate 4g, Calcium 76mg, Magnesium 10mg,  
Potassium 110mg, Fiber 0g

Information from the NIH Heart, Lung, and Blood Institute at [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)



## Mary Ellen Ranson

Mary Ellen was born and raised in Shelton Connecticut. After high school, she joined the army and met her husband Bill. Mary Ellen served in the Army for 3 years, and her husband Bill served 22 years. They have been married for 31 years and raised two daughters. Mary Ellen worked in the Inventory control and supplies department in a hospital for 20 years, as they raised their girls. They enjoyed vacationing in Pennsylvania for years. When the time to retire came along, they decided to retire here in Lackawaxen, PA.

Their daughters, all grown up now, are out on their own, one still in Connecticut, working in the health field. The other daughter moved here to Pennsylvania and works locally.

Mary Ellen has volunteered since 2011 at the Lackawaxen Center. She considers herself a home body. But still manages to volunteer and work part time at a local fitness center. In winter when the snow is fresh ,she does some snow shoe walking. She loves to bake, and is an avid movie watcher (she has her own movie theater in her home) and celebrates movie night with friends.

Thank you Mary Ellen for serving our county, and continuing to volunteer for PCAA.

Come join the gang, & volunteer!

Call me 570-775-5550 ext 1303

*Share your Smile Sue Van Orden*

The **LINK to Aging & Disability Resources** would like to tell you about the Pike County Transportation Programs for Seniors & Persons with Disabilities .



The **Pike County Transportation Department**, now located in Milford, has four programs for it's residents.

**Shared Ride Program:** Allows seniors of Pike County access to medical, financial & social services. They service the three senior centers at Blooming Grove, Lackawaxen and Delaware Township. They also provide grocery shopping, banking & post office needs on scheduled days. Drivers are courteous & considerate (no tipping, please) There is a reduced fare required for seniors, & age verification is required. All seniors 65+with proof of age are eligible to use this program.

**Medical Assistance Transportation Program:** Allows medical recipients, regardless of age, access to medical & pharmacy needs. Reservations are required. Destinations must be medical assistance providers only. No exceptions, & verification is required. Eligibility is verified on a regular basis.

**People with Disabilities Program:** Allows individuals 18-64 access to the same services as the Shared Ride Program schedule. This includes social, employment, medical & other services in Pike County. Disabilities may include physical, mental, or major life activities. Escorts are the sole responsibility of the client. No fare is required for escorts. Clients are responsible for their own fare. The fare range for People with Disabilities is \$2.25-\$6.60 each way depending on destination.

**General Public:** All other transportation needs are considered public & follow the same schedules listed in all other programs. All other inquiries regarding brochures, scheduling, applications, & eligibility can be made to the Transportation Office at **(570) 296-3408** or you can visit their website: <http://www.pikepa.org/transportation.html>

# 10 Things You Should Know About Your Parent's Finances

By Marlo Sollitto

What would happen if you had to suddenly take over management of a parent's money and finances? If a parent becomes incapacitated, someone has to take over paying bills and managing their money. It happens to many caregivers. Are you prepared?

It's better to have all the information you need before mom or dad can no longer take care of their finances.

**Here are 10 things you should know about your parent's finances:**

## **Have they named a durable power of attorney to manage their finances?**

The first step is to find out if they have named a Durable Power of Attorney (POA).

Without a POA in place, you'll have to go to court to get guardianship of your parent in order to access accounts on their behalf.

## **Where do they keep their financial records?**

Whether they keep their money and documents in a bank, a safe, or under the mattress, you need to know where to find records when you need them. What is the location of keys or codes to lock boxes or safes?

## **What are their bank account numbers and names of their financial institutions?**

In addition to knowing where they keep their money, you need specifics on all account numbers. What banks do they use? Who is their mortgage company? Do they have an investment firm?

## **What are your parent's monthly expenses?**

Gather information on their mortgage, car payment, credit card debt, electric bill and other expenses.

## **How do they pay their bills currently?**

If there are automatic deductions being taken out of a checking account, you need to know about it. Do they use online banking, or only paper checks?

## **How much is their annual income and where does it come from?**

Does your parent receive a monthly pension check? Do they have dividends coming in from investments? Do they get money for a disability, or alimony?

## **Do they receive Medicare, Medicaid, or Social Security?**

If your parent becomes incapacitated, you may have to investigate the status and eligibility of government assistance.

## **What kind of medical health insurance do they have in addition to Medicare?**

Do they have health insurance provided by an employer? If they are retired, are health benefits included as part of a pension?

## **Do they have long-term care insurance?**

A "regular" health insurance plan does not cover the cost of assisted living or a nursing home. Did they purchase a long-term care insurance policy to cover the cost of those residences? If not, and they can no longer live on their own, what can they afford in terms of housing?

## **Do they have an accountant or financial planner?**

Who is it and how do you contact them? Have they done any estate planning?

## AUGUST 2013 Delaware Twp. Center 9am — 3pm

Monday	Tuesday	Wednesday	Thursday	Friday
Every 1st Friday of the Month Blood Pressure & Speaker –Quality HC		<b>Note:</b> <b>No Yoga on the 7th</b>	<b>1. CLOSED Shopping</b> 	<b>2 CLOSED— PROMISED LAND PICNIC</b> 
<b>5 Closed</b> Medical Transport	6 Games & Cards	7 Bingo, Games, Cards	<b>8 CLOSED Shopping</b> 	<b>9 Blood Pressure &amp; Speaker from Quality Healthcare</b> Bingo, Cards Games
<b>12 Closed</b> Medical Transport	13 Games & Cards <b>Nutrition Speaker @ 11</b>	14 Bingo, Games, Cards	<b>15 CLOSED Shopping</b> 	16 Bingo, Cards Games
<b>19 Closed</b> Medical Transport	20 Games & Cards	21 Bingo, Games, Cards <b>Yoga w/ Pam</b> 	<b>22 CLOSED Shopping</b> 	23 Bingo, Cards Games
<b>26 Closed</b> Medical Transport	27 Games & Cards	28 Bingo, Games, Cards	<b>29 CLOSED Shopping</b> 	30 Bingo, Cards Games <b>Yoga w/ Pam 11</b> 

## AUGUST 2013 Lackawaxen / Shohola Township 9am—2pm

EVERY MONDAY	EVERY WEDNESDAY	EVERY THURSDAY
Medical Transport Exercise Cards & Games Lunch	Exercise @ 12:30 Cards & Games Lunch <b>August 21st—Assn. of the Blind speaker</b>	Cards & Games Lunch <b>August 15th- Nutrition Speaker @ 12:15</b>



**Do you need help from Veterans Affairs?????**

There is a representative here at the Blooming Grove Senior Center every third Tuesday of the month from 8:30 am—12:30 pm. He is also at the Lake Wallenpaupack Visitors Center every first Tuesday of the month. Pike You can call Pierce Bunce at his office on 514 Broad Street, Milford, PA 18337 (570) 296-3563. The office hours are: 8:30—4:30 Monday through Thursday.



\$

**DONATIONS WELCOME**

Your generous donations help to fund programs for our seniors both, who come to our centers, and our homebound. If you would like to make a donation of any amount, make your check payable to: The Pike County Area Agency on Aging (or PCAA). Every little bit helps and is greatly appreciated.

\$

**SOCIAL SECURITY SCRANTON & STROUDSBURG OFFICES NEW HOURS**

Social Security offices in Scranton and Stroudsburg's new hours: 9am—3 pm Mon, Tues, Thurs, Fri.-Wed. close at 12



# AUGUST 2013 Blooming Grove Activities



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Beat the Heat this summer—All three of our Senior Centers are Cooling Centers.</b></p> 	<p>Produce is grown in dirt and touched by many hands before you get it home. Remember to wash all produce—even thick skinned produce thoroughly.</p> 	<p><b>Computer Lessons begin this month by appt. Every Tues &amp; Thurs Call Lana 570-775-5550 ext. 1317</b></p> 	<p><b>1 Arts &amp; Crafts &amp; Bingo</b> Wii bowling practice Computer Class <b>Farmers Market checks 10:30—1</b></p>	<p><b>2 CLOSED</b> <b>PROMISED LAND PICNIC</b></p> 
<p><b>5 Medical Transport Hemlock Ladies</b></p>	<p><b>6 BIGGER SHOPPING</b> Arts &amp; Crafts Line Dancing 10:00 Choral Group Computer Class <b>Farmers Market checks 10:30—1</b></p> 	<p><b>7 BIGGER SHOPPING</b> Cards Dominoes &amp; Rummikube</p> 	<p><b>8 BIGGER SHOPPING</b> Arts &amp; Crafts &amp; Bingo Wii bowling practice Computer Class <b>Farmers Market checks 10:30—1</b></p> 	<p><b>9 Arts &amp; Crafts Cards &amp; Bingo</b></p>
<p><b>12 Medical Transport Monday's Angels</b> <b>Alzheimer's Support 1:30pm</b> <b>Advisory Board 12:30</b></p>	<p><b>13 Farmers Market cks 10:30—1</b> Arts &amp; Crafts Line Dancing 10:00 Choral Group Computer Class Yoga w/ Lori</p> 	<p><b>14 Ritters Produce @ 10</b> Cards Dominoes &amp; Rummikube <b>Nutrition Speaker @ 12</b></p>	<p><b>15 Ritters Produce @10</b> <b>Farmers Market checks 10:30—1</b> Exercise w/Lana Arts &amp; Crafts &amp; Bingo Wii bowling practice Computer Class</p>	<p><b>16 Arts &amp; Crafts Cards &amp; Bingo</b></p>
<p><b>19 Medical Transport</b></p>	<p><b>20 VA Rep @ 9</b> <b>Nutrition speaker @12</b> Exercise w/Lana Line Dancing 10:00 Choral Group Computer Class <b>Farmers Market checks 10:30—1</b></p>	<p><b>21 Cards Dominoes &amp; Rummikube</b> <b>Grief Support 10:30</b> <b>Blood Pressure</b></p>	<p><b>22 Exercise w/Lana</b> Arts &amp; Crafts &amp; Bingo Wii bowling practice Computer Class <b>Farmers Market checks 10:30—1</b></p>	<p><b>23 Arts &amp; Crafts Cards &amp; Bingo</b></p>
<p><b>26 Medical Transport</b></p>	<p><b>27 Arts &amp; Crafts</b> Exercise w/Lana Line Dancing 10:00 Choral Group Computer Class <b>Farmers Market checks 10:30—1</b></p>	<p><b>28 Cards</b> Dominoes &amp; Rummikube <b>PA1000—Preparation by appointment only</b></p>	<p><b>29 Exercise w/Lana</b> Arts &amp; Crafts &amp; Bingo Wii bowling practice Computer Class <b>Farmers Market checks 10:30—1</b></p>	<p><b>30 Arts &amp; Crafts Cards &amp; Bingo</b></p>

**Seniors Are Our First Priority**

# August Lunch Menu

## Salad Bar Days



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p>Cucumber Salad BBQ Chicken Oven Brown Potatoes carrots Dinner Roll Jell-O</p>	<p>2</p> <p><b>Clara Miller Annual Picnic at Promised Picnic</b></p>
	<p>5</p> <p>Tossed Salad Chicken Cordon Bleu w/ Gravy Rice Pilaf Mixed Vegetables Wheat Bread Peaches</p>	<p>6</p> <p>Lentil Soup Krab Salad Platter Lettuce &amp; Tomato Dinner Roll Chocolate cake</p>	<p>7</p> <p>Red Cabbage Salad Lemon Chicken Oven Brown Potatoes Zucchini &amp; Tomatoes Wheat Bread Chocolate Pudding</p>	<p>8</p> <p>Tomato Orzo Soup Beef Stroganoff over Rotini Brussels Sprouts Whole Wheat Bread Pears</p>
<p>12</p> <p>Minestrone Soup Veggie Nuggets Potatoes O'Brien Peas &amp; Carrots Dinner Roll Vanilla Pudding</p>	<p>13</p> <p>Three Bean Salad Meatloaf &amp; Gravy Mashed Potatoes Spinach Rye Bread Fresh Fruit</p>	<p>14</p> <p>Red Beets &amp; Onion Stuffed Shells in Tomato Sauce Broccoli Italian Bread Apple Crisp</p>	<p>15</p> <p>Broccoli &amp; Chickpeas Lemon Pepper Fish Macaroni &amp; Cheese Stewed Tomatoes Whole Wheat Bread Fruit Jell-O</p>	<p>16</p> <p>Grape Juice Rotini &amp; Meatballs with Tomato Sauce Italian Green Beans Italian Bread Banana Cake</p>
<p>19</p> <p>Carrot Raisin Salad Stuffed Chicken with Broccoli Sweet Potatoes Rye Bread Ambrosia</p>	<p>20</p> <p>Pasta Salad Stuffed Cabbage Corn Mashed Potatoes Rye Bread Apple Sauce</p>	<p>21</p> <p>Coleslaw Swedish Meatballs Rotini Pasta String Beans Wheat Bread Pineapple</p>	<p>22</p> <p>Orange Juice Sweet &amp; Sour Chicken with Rice Stir Fry Vegetables Rye Bread Chocolate Cake</p>	<p>23</p> <p>Split Pea Soup Salisbury Steak with Gravy Mashed Potatoes Peas Wheat Bread Fresh Fruit</p>
<p>26</p> <p>Corn Chowder Chicken Salad on Rye Bread Lettuce/Tomato/Onion Macaroni Salad Cookies</p>	<p>27</p> <p>Waldorf Salad Alaskan Pollock Rice Pilaf Spinach Wheat Bread Mandarin Oranges</p>	<p>28</p> <p>Cucumber Salad BBQ Chicken Oven Brown Potatoes Carrots Dinner Roll Jell-O</p>	<p>29</p> <p>Coleslaw Chili Con Carne Rice Mexicali Corn Cornbread Granola Bar</p>	<p>30</p> <p>Cranberry Juice Roast Turkey with Gravy &amp; Stuffing Mashed Potatoes Peas &amp; Onions Ice Cream</p>

# EVENTS and PROGRAMS



## SEPTEMBER DRIVER SAFETY COURSE



AARP once again is offering their driver safety courses.

September 11th at 1:30 for the 4 hour refresher course, and September 24th & 25th for the 8 hour course at 1:30 pm each day for those who have not taken the course before.

The cost is \$12 for AARP members and \$14 for non-members. Advance registration required by check, made payable to: AARP and mail it to: PCAA, 150 Pike County Blvd, Hawley, PA 18428. Please include your phone number on the check and note on it which course you will be taking. Be sure to call your insurance carrier to check which course you will need to take, and if you will receive a discount for the taking the course. For more info: call 570-775-5550



**The Pike County Area Agency on Aging wishes to thank John Falzone the owner of Flair Hardware who generously sold us our fans at cost. Thank you John for keeping our Seniors cool!**



## SENIOR HEALTH FAIR EXPO

Friday September 6th, 10 am—2 pm.  
Dingman Township Volunteer Fire Dept., 680 Log Tavern Road. Sponsored by Rosemary Brown & Michael Peifer. Transportation to the event will be available.  
Call: 570-775-5550

## Nutrition Speaker



Katie our intern will be speaking about nutrition at all three centers. Come to one of her presentations and learn about keeping healthy through proper nutrition.

Delaware Twp Center—August 13th at 11 am

Blooming Grove Center—August 14th & 20th at 12pm

Lackawaxen Center—August 15th at 12:15



## Spring Chronic Disease Self-Management Program

Pike County Area Agency on Aging's Prime Time Health Program featured a six week Chronic Disease self-management program through Stamford University. It demonstrated skills to manage chronic conditions to optimize an individual's quality of life, by encouraging healthy lifestyle habits. Featured in the picture are Diane Riveland, lower left next to Lana Romeo. Above left to right are: Jackie Eadicicco, Paulette Wright, Georgiana Ehrlich, Norma Goldner, Joan Tozzi, Richard Siss, Barbara Paschell and Barbara Leary. It was a resounding success.



## Bright Lights on Broadway West Point Trip Thursday July 18, 2013

Our group went to WestPoint to Lunch and a show featuring Barbara Paschell's daughter Cheryl Alexander, and her fellow performers. All enjoyed the show



## Assn for the Blind Speaker



An Assn. for the Blind speaker will be at our centers on the dates below:  
Lackawaxen—August 21st  
Delaware—September 3rd  
Blooming Grove—September 26th  
Please come to one of the Centers to understand how to optimize you vision health. More information to follow in our September issue.

# EVENTS and PROGRAMS



## SMALL JOBS CREW IS AN ACT OF KINDNESS

In need of help with small jobs? General maintenance projects, yard work, clean-up? The small Jobs Crew from the Wallenpaupack Free Methodist Church want to help.

Our mission and purpose is to Love God, Love Others, Serve God, Serve Others. We seek to show our community the love of Christ through acts of kindness and service to others.

Please contact us with your information and needs and we will be happy to assist.

Contact : Gary and Kim Wyler—570-226-0554



## NEED HELP? GET HELP!

**CARIE:** [www.carie.org](http://www.carie.org)—Help to resolve senior issues—800-356-3606

**APPRISE:** Heath ins. counseling for older adults—800-783-7067

**BENEFITS CHECK UP:** [www.benefitscheckup.org](http://www.benefitscheckup.org) - Online service helps older adults find out if they are eligible for private or public benefits.

**PA DEPT OF PUBLIC WELFARE:** [www.dpw.state.pa.us](http://www.dpw.state.pa.us)—800-693-7462. supportive services & programs—all ages.

**PA ATTORNEY GENERAL:** [www.attorneygeneral.gov](http://www.attorneygeneral.gov)—800-441-2555— Consumer Complaints

## Calling All Caregivers!!!

Join our new network of caregivers, designed to provide access to seminars, resources and helpful information. Whether you are paid or not, all caregivers are encouraged to join. We welcome you to come share your ideas and have a voice.

Call or send us your contact information or email address, so we can include you in upcoming events. 570-775-5550  
Pike County Area Agency on Aging, 150 Pike County Blvd., Hawley, PA 18428

## PA-1000 Property Tax or Rent Rebate Preparation

If you qualify and have not already done so, we have a volunteer representative from AARP to prepare your PA-1000 Property Tax or rent rebate forms every last Wednesday of the month by appointment only. If you are interested in setting up an appointment, call:  
570-775-5550

## Get Your Yellow Dots Here



We still have Yellow Dot kits. They help first responders to have access to your medical information in case of an emergency involving your vehicle. Just fill out your vital medical information on the sheet provided in the kit, keep the sheet in your glove compartment (remember to update your information when necessary), then place the accompanying Yellow Dot inside the rear window of your car. This is a free program through PennDOT, PCAA, PA State Police, Tpkc Commission & First Responders.

## USDA FARMERS MARKET PROGRAM



### Pennsylvania Department of Agriculture Senior Farmer's Market Nutrition Program

USDA 2013 income eligibility will apply for those 60 years and older.

1 Person	\$21,257
2 Persons	\$28,694
3 Persons	\$36,131

Each additional family member add \$7,326.00 of income

Vouchers will be given out every Tuesday & Thursday  
Blooming Grove Senior Center—10:30am — 1:00 pm

Ritter's Produce truck is tentatively scheduled to be at the  
Blooming Grove Senior Center from 10am —12pm on:

August 14th & 15th  
September 18th & 19th  
October 16th & 17th



Fruits & vegetables are available for cash if you do not have checks. **For info & eligibility:**

**Call 570-775-5550** Produce also available at:

Paupack Blueberry Farm  
Gumbletown Road, Paupack, PA  
570-226-6702 - July through September

## Promised Land Picnic



Bring your bathing suits and join us

for fun in the sun on Friday, August 2, 2013 when we celebrate our Promised Land Picnic. There will be Hot Dogs, Hamburgers, salads, music and activities. If you need more information call:

570-775-5550.

**Remember, you need to call transportation to get there. Call them directly at 570-296-3408.**

**Pike County Area Agency on Aging**  
150 Pike County Blvd.  
Hawley PA 18428

## **DONATIONS**

### **WELCOME**

**They help to fund  
programs for our**

**Seniors—**

**Make your check  
payable to: PCAA,**

**Thank you**

#### **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

Non-Profit mailer

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: [lhunt@pikepa.org](mailto:lhunt@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 2013 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 for an appointment to assist you

## *Pike County Area Agency on Aging*

**Blooming Grove Center 150 Pike County Blvd., Hawley, PA 18428**

**(Phone 570-775-5550 or 1-800-233-8911 Fax: 570-775-5558)**

**Office Hours: Monday through Friday - 8am to 4pm**

**Center Hours: Monday through Friday 9am to 4pm**

**Delaware Township Center, 116 Wilson Hill Rd., Dingmans Ferry, Pa 18328 (Phone 570-828-8494)**

**Tuesday, Wednesday & Friday 9am to 3pm**

**Lackawaxen/Shohola Township Center, Lackawaxen Fire Dept., Beisel Beck Rd. & Rte. 590, Lackawaxen, PA 18435. Monday & Wednesday and Thursday 9am to 2pm (Phone-570-685-7808)**

**Executive Director - Robin S. LoDolce E-Mail: [rlodolce@pikepa.org](mailto:rlodolce@pikepa.org)**

**Waiver Supervisor— Rene Bernatzky**

**Nutrition Site Managers- Cherie Bland, Lea Langer & Barbara Paschell**

**Activity & Program Director & Prime Time Health Coordinator - Lana Romeo**

#### **Advisory Council**

Chairperson: Norma Goldner \* Karl A. Wagner, Jr., Commissioner Representative \* Doris Bannon \* Charlotte Bell \*

\*Jeanne Carlstedt \* Patricia Crane\* Jacqueline Eadicicco \* Georgiana Ehrlich \* Joe Fortin\* George Kanfer\*

Marianne McMillin \* Ethel Musselwhite \* Joe Shevlin \* Catherine Steele \* Rita Tepperman\*

Pike County Commissioners - Richard A. Caridi \* Matt Osterberg\* Karl A. Wagner, Jr. \*

**24hr. Elder Abuse Hotline: 1-800-233-8911**

**Pike County Transportation Hours 7:30am—3:30pm Phone 570-296-3408 Toll Free: 1-866-681-4947**

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