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**Entrees at a Glance**

- 5/01 Beef Stroganoff over Rotini Pasta
- 5/02 BBQ Chicken w/ oven brown Potatoes
- 5/03 Alaskan Pollack w/ Rice Pilaf
- 5/06 Chicken Cordon Bleu w/ Rice Pilaf
- 5/07 Salisbury Steak w/gravy & Mashed Pot
- 5/08 Meatloaf & gravy w/ Mashed Pot
- 5/09 Chili Con Carne w/ Rice
- 5/10 CLOSED—VOLUNTEER LUNCHEON
- 5/13 Sausage, Peppers & Onions on Hoagie
- 5/14 Veggie Nuggets w/ Potatoes O'Brien
- 5/15 Stuffed Chicken w/ Broccoli
- 5/16 Chicken Salad on Rye w/ Let/Tom /On
- 5/17 Lemon Pepper Fish w/ Mac & Cheese
- 5/20 Lemon Chicken w/ Oven Potatoes
- 5/21 CLOSED—TOWNSHIP PRIMARY
- 5/22 Grilled Herbed Chicken Breast / Rice Pif
- 5/23 Stuffed Cabbage w/ Mashed Potatoes
- 5/24 Sweet Sour Chicken w/ Rice
- 5/27 CLOSED—MEMORIAL DAY
- 5/28 Stuffed Shells in Tomato Sauce
- 5/29 Swedish Meatballs w/ Rotini Pasta
- 5/30 Rotini & Meatballs
- 5/31 Roast Turkey & Gravy w/Stuffing

**SALAD BAR—Thurs. & Fri.**



**MAY DRIVER SAFETY COURSE**

AARP two day driver safety course for those who have not taken it before.

May 22—23rd at 1:30 pm.

Cost - \$12 for AARP members & \$14 for non-members. Advance registration required by check,

Payable to: AARP

Mail it to: PCAAA, 150 Pike County Blvd, Hawley, PA 18428. Include your phone & AARP numbers on the check.

For more info call:

570-775-5550



*Pike County Area Agency on Aging*



**2013 SPRING FIELD DAY GAMES**



It is finally Spring once again. Time to shed those winter pounds and get outside to participate in the Pike County Area on Aging Senior games, because exercise is just as important as your diet in staying healthy and living longer.

Below are the Field Day Schedules:

Age of eligibility is 55 yrs. and older, and the age categories are: 55-64 65-74 75-84 85 & up

Events include: Tennis - Bocce Ball - Horseshoes - Softball Throw - Baseball Throw - Basketball Shoot - Bean Bag Throw - Football Throw - Walking - Bingo - Dance. There will be a Gold, Silver, and Bronze winner in each event.

**The First Field Day Event Schedule**

**Wednesday, May 15th—10:00 am to 2:00 pm**

**Place: East Stroudsburg School North**

**The Second Field Day Event Schedule**

**Thursday, May 16th—Time: 9:00 am. to 2:00 pm.**

**Place: Palmyra Township Park—Paupack**

**The Third Field Event Schedule**

**Friday, May 17th. Time: 10:00am - 12:00pm**

**Place: Delaware Valley High School Track**

**To sign up for an event:**

Call 570-775-5550 ask for Lana Romeo or Barbara Leary. You can also fill out the registration form at any one of our three centers and either mail it, or give it to the site manager at each center, along with your registration fee. A registration form is printed on the bottom of page 4. Have your family and friends join us for a day of fun and entertainment. Registration is \$3.00 —make checks payable to Pike County

Area Agency on Aging



**Please R.S.V.P.**



Happy Cinco De Mayo, Mother's Day, and Memorial Day to all:

My sister called to say she was coming up in a few weeks and would we like to do the cemetery run together. While to most people, this does not sound like a light-hearted adventure, we choose to do this annual outing to Clark Summit (Edella, actually) to do the Whites and Miller cemetery markers with flowers and clean 'em up. I have to preface this with the fact that my Mother and Uncle Art would drag me along for years, as I was handy at crawling around on the ground in the dirt with a spade and water jug, the stop at Burger King was the prize (whoo hoo!, right?) My sister is now running a software business she purchased that inventories cemeteries and other large scale projects and meets with people all over the country, mostly cemetery owners! I guess the idea stuck with her! I say this rambling not to brag on my family's stewardship of their "kin", but that this is the month to remember those we lost, famous, infamous, liked, and well, kinda liked. To cherish what we have here in the present and to be the best we can be before we are amongst them (Jack swears we WILL have a zombie apocolypse, but I hope not, too much Walking Dead I think)

So say hi to your neighbor, call your sister, ask the lady at the market how is your day? You'd be surprised the pay back you'll get.

This month we are also paying attention to our most valued commodity, our Volunteers! We would be sunk without them. The unsung heroes who come in and banter and chide us, but most of all support the work we do for this community, at no benefit to themselves, maybe a meal? A few cents for their gas tank? Mostly they earn their own "heart bucks" if you will by helping us, help all of you. To all of our 100 + + volunteers, north, south, east and west Pike County...THANK YOU !

### CERTIFICATES PROVIDED FOR HOME HEALTH AIDES!

Caregiver Support Series kicks off!...FREE...this month at Delaware Township—May 23, 2013 from 6pm to 8pm

The Diva Dietitian and the Pharmacy with a Heart will be appearing. Topic to include health tips, vegetarian and omnivorion, medication management, and some tricks to make a caregivers' job easier hopefully!



## 10 WAYS TO SPRUCE UP YOUR SALAD



Many people believe that the Spring and Summer are salad seasons, because they are usually side dishes served cold, and in the winter you desire comfort foods. However, you can add a hearty soup to your salad to make it a meal, or by adding meat or fish to your salad turns it from a side dish to a meal. The following 10 suggestions can ramp up your salad plate to make it versatile, and incorporate more ingredients to keep it from being boring, not to mention add vitamins & minerals to your daily diet.

- 1. Greens.** Arugula, boston & bibb lettuce, endive, mustard greens, kale, radicchio, romaine, spinach and watercress.  
Unfortunately iceberg lettuce is the least nutritious of the green leafy veggies. Romaine & watercress have almost 8 times more beta-carotene & twice the potassium.
- 2. Herbs (fresh).** Basil, chervil, chives, cilantro, dill, marjoram, mint, parsley, oregano, rosemary, thyme. Rinse well & pat dry.
- 3. Fruits.** Apples, currants, dried cranberries, grapefruit, kiwi, mandarin oranges, mango, papaya, peaches, pineapple, raisins, raspberries, seedless grapes, strawberries.
- 4. Veggies.** Alfalfa or bean sprouts, asparagus, avocado, beets, bell peppers (all colors) broccoli, carrots, celery, corn, cucumbers, fennel, jalapenos, jicama, peas (fresh or frozen), radishes, mushrooms, scallions, tomatoes, zucchini.
- 5. Legumes.** Black beans, garbanzo beans, green beans, lentils, pinto beans, snow peas (crunchy) they all provide protein.
- 6. Cheeses.** Blue, cottage & feta (low fat) goat, parmesan, ricotta. Adds calcium & protein.
- 7. Fish.** Anchovies, herring, salmon, sardines, tuna (protein & omega oil) .
- 8. Other Proteins.** Boiled eggs, broiled tofu, edammame (soybean), strips of lean ham, chicken, turkey.
- 9. Nuts & Seeds.** Almonds, flaxseeds, pecans, pine nuts, pumpkin seeds, sesame seeds, soy nuts, sunflower seeds, chia seeds, walnuts. Nuts are high in fat, but it is unsaturated fat, the best kind & heart healthy.
- 10. Dressings.** Balsamic vinegar, or lemon juice, or lime juice, or non-fat or low fat yogurt, or soy sauce mixed with olive oil, along with your favorite herbs and spices keep dressing low in fat.

Experiment with any of these combinations & top with your favorite grilled meat, chicken, or fish & you have a complete meal.



## *Working hard - Helen Hansen*

Born and raised in New Jersey, and graduated from Woodbridge High School. After High School Helen married and went to work for RCA manufacturing. Through the years she and her husband raised 2 children, and lived in New Jersey for 50 years. As time went by she was offered a job managing a family owned restaurant in Colorado, so she moved out there. After about 15 years, health issues became a problem so she moved back to Pennsylvania near her son.

Volunteering at PCAA center since 2007 she has assisted with home delivered meal preparation, packaging, storage rotation, serving consumers at lunch time, along with helping out with center activities.

Soon Helen will be traveling to Boston for the very large wedding of her first granddaughter, one of 5 grandchildren. It will be a great celebration for the family. Helen enjoys making dream catchers, reading, playing cards, bingo, and games of all kinds. Thank you Helen for all you do!

Come join the gang, & volunteer! Call me 570-775-5550 ext 1303

*Share your Smile*

*Sue Van Orden*

### **PROJECT "ABLE" - CROSS TRAINING**

**DATE:** MAY 7, 2013

**LOCATION:** PIKE COUNTY TRAINING CENTER  
135 PIKE COUNTY BLVD HAWLEY, PA 18428

**TIME :** SESSION 1 9:00AM - 12:00PM  
SESSION 2 1:00PM - 4:00PM



Remarkably, **PROJECT A.B.L.E.** is a dynamic "HANDS- ON EXPERIENCE" in which one actually embraces a **DISABILITY** through the work stations. Truly "being in the shoes" of a person with a Disability or Multiple Disabilities. These stations will include:

- \***ADD, ADHD, DYSLEXIA & LEARNING DISABILITIES STATION**
- \***MOBILITY STATION**
- \***FINE MOTOR STATION**
- \***COMMUNICATIONS**

For more information, feel free to contact Janice Boyd, LINK Coordinator at:  
570-775-5550 or you may email her at: [jboyd@pikepa.org](mailto:jboyd@pikepa.org)

**THE LIHEAP ENERGY ASSISTANCE DEADLINE HAS BEEN EXTENDED TO APRIL 26, 2013. YOU HAVE UNTIL THEN TO APPLY ONLINE AT: [www.compass.state.pa.us](http://www.compass.state.pa.us) or [www.pplelectric.com/billhelp](http://www.pplelectric.com/billhelp) or call: 1-866-857-7059**



# Pike County Area Agency on Aging

Presents the

## Healthy Steps Program

FREE  
SNACKS

This is the perfect opportunity for you to help your Senior Center. Through your participation in *Healthy Steps*, an **award winning** program designed to have fun and keep seniors on their feet and out of the hospital.



Two workshops will be conducted—*Staying Active* and *Preventing Falls*. The Center will receive money for each individual who completes the course.

**Lackawaxen Senior Center—May 20th from 9am to 2pm**

The workshops and lunch are **FREE**.

Pre-registration is **required**.

You must be **50 years of age or older** to participate.

Call Lana, Linda or Connie to sign-up.

**570-775-5550**



FREE  
LUNCH

DOOR PRIZES

# Pike County Area Agency on Aging

150 Pike County Blvd.

Hawley, PA 18428

Phone (570)775-5550

## Pike County Senior Games Registration Form

Registration Fee \$3.00 (checks payable to Pike County Area Agency on Aging)

**Eligibility: Must be 55 years of age.**

Name: \_\_\_\_\_ M: \_\_\_ F: \_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Phone: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_/\_\_\_/\_\_\_

Check the Events you are entering

- |                                                |                                                  |
|------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> <b>Tennis</b>         | <input type="checkbox"/> <b>Basketball Shoot</b> |
| <input type="checkbox"/> <b>Bocce Ball</b>     | <input type="checkbox"/> <b>Bean Bag Throw</b>   |
| <input type="checkbox"/> <b>Horseshoes</b>     | <input type="checkbox"/> <b>Football Throw</b>   |
| <input type="checkbox"/> <b>Softball Throw</b> | <input type="checkbox"/> <b>Walking</b>          |
| <input type="checkbox"/> <b>Baseball Throw</b> | <input type="checkbox"/> <b>Bingo</b>            |
|                                                | <input type="checkbox"/> <b>Dance</b>            |

*Please give Registration Form to Lana Romeo or Barbara Leary*

*Thank you for participating – It will be a great day, Good Luck!!!!*

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

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Yoga w/ Pam 11 Bingo Games & Cards 	<b>2</b> <b>CLOSED</b> <b>Shopping</b> 	<b>3</b> Bingo, Cards, Games 
<b>6</b> <b>Closed</b> Medical Transport	<b>7</b> Games & Cards	<b>8</b> Bingo Games & Cards	<b>9</b> <b>CLOSED</b> <b>Shopping</b> 	<b>10</b> <b>CLOSED</b> <b>VOLUNTEER LUNCHEON</b> 
<b>13</b> <b>Closed</b> Medical Transport	<b>14</b> Games & Cards 	<b>15</b> Bingo Games & Cards <b>Senior Field Day</b> 	<b>16</b> <b>CLOSED</b> <b>Shopping</b> 	<b>17</b> Bingo, Cards Games 
<b>20</b> <b>Closed</b> Medical Transport	<b>21</b> Games & Cards Blood Pressure @ 11	<b>22</b> Bingo, Games & Cards Apprise Rep @11	<b>23</b> <b>CLOSED</b> <b>Shopping</b> 	<b>24</b> Bingo, Cards Games Yoga w/ Pam 11  
<b>27</b> <b>Closed</b> Medical Transport <b>MEMORIAL DAY</b>	<b>28</b> Games & Cards <b>Blood Pressure @ 11</b>	<b>29</b> Bingo, Games & Cards	<b>30</b> <b>CLOSED</b> <b>Shopping</b> 	<b>31</b> Fridays! at the Township—Meet your legislators 

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

EVERY MONDAY	EVERY WEDNESDAY	EVERY THURSDAY
Medical Transport Cards & Games Lunch Blood Pressure every 1st Monday Healthy Steps - May 20th May 27th –Closed-Memorial Day 	Exercise @ 12:30 Cards & Games Lunch	Cards & Games Lunch <b>Senior Field Day- May 16</b>  

### Want to Learn to Knit or play Mahjong?

We no longer have knitting on Wednesdays. However, If you would like instruction on how to knit or play Mahjong, call the Lackawaxen Senior Center during normal business hours (Monday, Wednesday and Thursday 9am until 2pm) and we will be happy to make arrangements with you.  
 Call Lea: 570-685-7808



## VOLUNTEER OPPORTUNITY IN LACKAWAXEN

May 31, 2013 Boat Stewardship Training date for summer months. For more information, call Lea: 570-685-7808

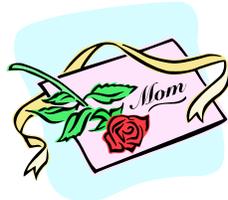
### SOCIAL SECURITY SCRANTON & STROUDSBURG OFFICES NEW HOURS

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



## MAY 2013 Blooming Grove Activities



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Computer Lessons begin this month by appt. Every Tues &amp; Thurs Call Lana 570-775-5550 ext. 1317.</b></p> 	<p><b>Mothers Day! May 12th</b></p> 	<p>1 Cards &amp; Bingo Dominoes &amp; Rummikube</p>	<p>2 Arts &amp; Crafts Bingo Wii bowling practice <b>Blood Pressure</b> Computer Class <b>Eye Glass Clinic 10—1</b></p>	<p>3 Arts &amp; Crafts Cards</p>
<p>6 Hemlock Ladies Medical Transport</p>	<p><b>7 BIGGER SHOPPING</b> Arts &amp; Crafts Line Dancing 10:00 Choral Group Computer Class</p> 	<p><b>8 BIGGER SHOPPING</b> Cards &amp; Bingo Dominoes &amp; Rummikube</p> 	<p><b>9 BIGGER SHOPPING</b> Arts &amp; Crafts Bingo Wii bowling practice Computer Class</p>	<p><b>10 CENTER CLOSED</b> <b>VOLUNTEER LUNCHEON</b></p>
<p>13 Medical Transport <b>Advisory Board @ 12:30</b> <b>Monday's Angels Support 1:30pm</b></p>	<p>14 Arts &amp; Crafts Line Dancing 10:00 Choral Group Computer Class</p> 	<p><b>15 Grief Support 10:30</b> Cards &amp; Bingo Dominoes &amp; Rummikube Yoga w/ Lori <b>Blood Pressure</b></p> 	<p>16 Arts &amp; Crafts Bingo Wii bowling practice Computer Class</p>	<p><b>17 Senior Field Day</b> Arts &amp; Crafts    Cards</p> 
<p>20 Medical Transport</p>	<p><b>21 CENTER CLOSED</b></p> 	<p>22 Cards &amp; Bingo Dominoes &amp; Rummikube Yoga w/ Lori</p> 	<p><b>23 Exercise w/Lana</b> Arts &amp; Crafts Bingo Wii bowling practice Computer Class</p>	<p>24 Arts &amp; Crafts Cards</p>
<p><b>27 CLOSED MEMORIAL DAY</b></p> 	<p>28 Arts &amp; Crafts Exercise w/Lana Line Dancing 10:00 Choral Group Computer Class</p>	<p>29 Cards &amp; Bingo Dominoes &amp; Rummikube <b>PA1000 Preparation by appointment</b></p>	<p>30 Exercise w/Lana Arts &amp; Crafts Bingo Wii bowling practice Computer Class</p>	<p>31 Arts &amp; Crafts Cards</p>

**Seniors Are Our First Priority**

# MAY Lunch Menu

## Salad Bar Days



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MAY 5TH</b></p> 		<p><b>1</b></p> <p>Three Bean Salad Beef Stroganoff over Rotini Brussels Sprouts Whole Wheat Bread Pears</p>	<p><b>2</b></p> <p>Grape Juice BBQ Chicken Oven Brown Potatoes California Medley Dinner Roll Oatmeal Cookie Fruit Crisp</p> 	<p><b>3</b></p> <p>Waldorf Salad Alaskan Pollock Rice Pilaf Spinach Wheat Bread Mandarin Oranges</p> 
<p><b>6</b></p> <p>Red Beets &amp; onions Chicken Cordon Bleu w/ Gravy Rice Pilaf Mixed Vegetables Wheat Bread Peaches</p>	<p><b>7</b></p> <p>Minestrone Soup Salisbury Steak w/Gravy Mashed Potatoes Peas Wheat Bread Fresh Fruit</p>	<p><b>8</b></p> <p>Cucumber Salad Meatloaf &amp; Gravy Mashed Potatoes Spinach Rye Bread Chocolate Pudding</p>	<p><b>9</b></p> <p>Grape juice Chili Con Carne Rice Mexicali-Corn Cornbread Granola Bar</p> 	<p><b>10</b></p> <p><b>CLOSED FOR VOLUNTEER LUNCHEON</b></p>
<p><b>13</b></p> <p>Cottage Cheese w/Fruit Italian Sausage Peppers &amp; Onions Hoagie Roll O'Brien Potatoes Oatmeal Cookies</p>	<p><b>14</b></p> <p>Red cabbage Salad Veggie Nuggets Potatoes O'Brien Peas and Carrots Dinner Roll Vanilla Pudding</p>	<p><b>15</b></p> <p>Carrot Raisin Salad Stuffed Chicken with Broccoli Sweet Potatoes Rye Bread Ambrosia</p>	<p><b>16</b></p> <p>Corn Chowder Chicken Salad on Rye Bread Lettuce/tomato/onion Macaroni Salad Cookies</p> 	<p><b>17</b></p> <p>Broccoli/Chickpeas Lemon/Pepper Fish Macaroni &amp; Cheese Stewed Tomatoes Whole Wheat Bread Fruit Jell-O</p> 
<p><b>20</b></p> <p>Orzo Salad Lemon Chicken Oven Brown Potatoes Zucchini &amp; Tomatoes Wheat Bread Fruit Cocktail</p>	<p><b>21</b></p> <p><b>CENTER CLOSED FOR VOTER PRIMARY</b></p> 	<p><b>22</b></p> <p>Tossed Salad Grilled Herbed Chicken Breast Rice Pilaf Pacific medley Rye Bread Cake</p>	<p><b>23</b></p> <p>Orange Juice Stuffed Cabbage Corn Mashed Potatoes Rye Bread Apple Sauce</p> 	<p><b>24</b></p> <p>Asian Slaw Sweet &amp; Sour Chicken w/ Rice Stir Fry Vegetables Rye Bread Chocolate Cake</p> 
<p><b>27</b></p> <p><b>Closed In Observation of Memorial Day</b></p> 	<p><b>28</b></p> <p>Tossed Salad Stuffed Shells In Tomato Sauce Broccoli Medley Italian Bread Pistaccio Pudding</p>	<p><b>29</b></p> <p>Coleslaw Swedish Meatballs Rotini Pasta String Beans Wheat Bread Pineapple</p>	<p><b>30</b></p> <p>Lentil Soup Rotini &amp; Meatballs with Tomato Sauce Italian Green Beans Italian Bread Banana cake</p> 	<p><b>31</b></p> <p>Cranberry Juice Roast Turkey w/Gravy &amp; Stuffing Mashed Potatoes Peas &amp; Onions ice cream</p> 

# EVENTS and PROGRAMS

## The Pennsylvania Department of Aging Invites You to Join us for a Caregiver Support Conversation

**Topic:** Coping Strategies for the Alzheimer Caregiver

**Date:** May 16, 2013

**Time:** 12 noon

**Presenter:** Debbie Wisinski, Family Service Coord., Greater PA Chapter of the Alzheimer's Association



1. The webinar is directed to non-compensated caregivers
2. Pre-registration is required at [www.lttrainingpa.org](http://www.lttrainingpa.org) and the webinar is limited to the first 200 respondents\*
3. If the webinar is full & you are not able to register, please send your name, email address & phone number to Bonnie Zarlenga at [bzarlenga@pa.gov](mailto:bzarlenga@pa.gov) or call Bonnie at 717-705-8887 to receive information
4. The webinar link will be provided to you after successful registration
5. At any time you may ask questions about the PA Caregiver Support Program and services by emailing questions to: [ra-pacaregiver@pa.gov](mailto:ra-pacaregiver@pa.gov). If you wish to submit questions during the webinar, please use the chat feature
6. The presentation may be viewed, after the webinar, by accessing the link provided on the PA Department of Aging website, [www.aging.state.pa.us](http://www.aging.state.pa.us). You may also view the presentation at the Long Term Living Training Institute of Pennsylvania website, [www.lttrainingpa.org](http://www.lttrainingpa.org)
7. In order to register for the webinar, you must have an LMS account with the Long Term Living Training Institute (LTLTI). You only need to create this account once. Please visit [www.lttrainingpa.org](http://www.lttrainingpa.org) to create the account. You may use this account with your user name and password for future webinars.

After you register for the webinar, the Institute will send you an email confirmation with the link that you may use to view the webinar after registration.

**Please call Diana Linn at 717-541-4214 if you have any questions about registering or LMS.**

## **Pike County Area Agency on Aging**

**150 County Blvd., Hawley, Pa 18428**

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

Living Well



## Chronic Disease Self-Management Program

The Pike County Area Agency on Aging's Prime Time Health Program will offer the Living Well, Chronic Disease Self-Management Program at the Blooming Grove Senior Center on Thursdays starting May 9<sup>th</sup> and running through June 13<sup>th</sup> from 3:00 p.m. to 5:30 p.m. This is a 2 ½ hour program one time a week for six weeks.

Stanford University Chronic Disease Self-Management Program (CDSMP) teaches consumers skills to manage their conditions and build their self-confidence so they can be successful in adopting healthy behavior, improve communications with their physician, and enhance their quality of life. It is designed to give older adults with chronic diseases, such as high blood pressure, diabetes and heart conditions; tips to help them make their daily life more enjoyable. Topics include: managing symptoms, fitness/exercise, nutrition, communication, medications, working with health care professionals and systems, and more. This program is recommended by AOA (Administration on Aging)

A light snack will be provided each week. There is no cost to participate in this program.

**Please RSVP as soon as possible by calling 570-775-5550. Space is limited call today!**

For more information contact: Lana K. Romeo, Prime Time Health Coordinator, 570-775-5550 ex-1317

**SOCIAL SECURITY SCRANTON (800-635-0767) & STROUDSBURG (888-831-6169) OFFICES NEW HOURS**  
Social Security offices in Scranton and Stroudsburg's new hours: 9am—3 pm Mon, Tues, Thurs, Fri.-Wed. close at 12

# 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



## EYE GLASS CLINIC

MAY 2, 2013 FROM 10:00 AM TO 1:00 PM



Eyeglasses for as low as \$40.00 for single vision & lined bifocals to low & moderate-income people of any age. To qualify you must meet the income guidelines per household:

1.	1 Person \$21,660	5 People \$51,580	2	Get A written Prescription from your eye doctor	3	Call to make an appointment for the eye clinic
	2 People \$29,140	6 People \$59,060				
	3. People \$36,630	7 People \$66,540				
	4 People \$44,100	8 People \$74,020				

Available options: Trifocals add \$10—UV coating add \$5—Standard tint add \$8, we do not have transitions— noline bifocals add\$30—thinner Polycarb lenses add \$20—thinner polycarb bifolcal lenses add \$25—thinner polycarb progressive lenses add \$35—thinner trifocals add \$45—normal prism lenses add \$20. **NO OTHER OPTIONS AVAILABLE—NO CHECKS—CASH OR MONEY ORDER ONLY.** To make an appointment or for more information call: 1-800-901-1912

## Pike County Correctional Facility's Looming for H.O.P.E.



Looming for H.O.P.E ladies came on April 4<sup>th</sup> to the Blooming Grove Senior Center to provide handmade lap blankets to the seniors. Mary Keller and Erica Zalek provided a synopsis of this very special program for female inmates. The inmates use their new looming skills to give back to the community. Some of the other beneficiaries include Pike County Children and Youth and Twin Cedars Assisted Living Facility. The seniors loved the variety of colors and the soft texture of the blankets. Very Nice Job Ladies!

Get a copy of our Newsletter **FREE** online, receive updated Senior Center information, & downloadable forms visit: [www.pikeaaa.org](http://www.pikeaaa.org)

**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 SeniorLaw 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 2012 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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