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ENTREES AT A GLANCE

- 5/1-Lemon Pepper Fish
 - 5/2-Chicken Breast Parm
 - 5/3-Breaded Fish Sticks
 - 5/4-Chili Con Carne
 - 5/5-Closed-Volunteer Luncheon
 - 5/8-Swedish Meatballs
 - 5/9-Hot Dogs
 - 5/10-Tuna Salad Hoagie
 - 5/11-Alaskan Pollock
 - 5/12-Lemon Chicken Breast
 - 5/15-Salisbury Steak
 - 5/16-Beef Stroganoff
 - 5/17-Chef Salad
 - 5/18-BBQ Chicken
 - 5/19-Stuffed Cabbage
 - 5/22-Stuffed Shells
 - 5/23-Chicken Cordon Bleu
 - 5/24-Sweet & Sour Chicken
 - 5/25-Roast Turkey w/Stuffing
 - 5/26-Ham, Macaroni & Cheese Bake
 - 5/29-Closed-Memorial Day
 - 5/30-Vegetable Lasagna
 - 5/31-Meatloaf & Gravy
- SALAD BAR-Thurs & Fri**



MARK YOUR CALENDARS!

- June 1st-Vouchers in BG
- June 2nd-Vouchers in Matamoras
- June 6th-Elder Justice Day
- June 7th-Walk With Ease in LAX
- June 7th-Vouchers in BG & LAX
- June 7th-Chronic Disease Mgmt in Matamoras
- June 8th-Walk With Ease in Lax
- June 9th-Vouchers in Matamoras
- June 14th-Vouchers in LAX
- June 14th & 15th-Walk With Ease in LAX
- June 16th-Alzheimer Speaker in Matamoras

**Living Well
Chronic Disease Self-Management Program**



Pike County Area Agency on Aging Health & Wellness Program will offer the Living Well, Chronic Disease Self-Management Program at the

**Matamoras Fire House
506 Avenue Q
Matamoras, PA 18336**

This is a 2 1/2 hour program once a week for six weeks starting Wednesday May 24th and running through June 28th from 10:00 am to 12:30 pm

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, their 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

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

For more information contact:
Lana K. Romeo, Health & Wellness

May is here and Spring is too!



We are so happy to be celebrating Older American's Month this year and so eager to get started with all of our programs. While we recognize our Volunteers each May, this year, our 33rd annual year, will be a grand event at Woodloch Pines. If you haven't gotten your reservation in, seats are going fast.

We are happy to have Secretary Teresa Osborne as our special guest this year at the event. Secretary Osborne hails from Scranton Pa and is used to our late, but beautiful Spring weather.



We are open in the Matamoras Fire Department for our newest center (relocated from the Pike Library on Harford St.) and looking forward to our new digs and new friends in the eastern section of the County. We have a new site manager there, Ms. Janice Palma. Please welcome her aboard to the nutrition program. Celtic Homecare and Hospice will be offering free Blood pressure screening, check out the Milford/Matamoras calendar of events. We will also launch our Chronic Disease Self- Management series at this location on May 24th.

We are in desperate need of volunteers at the new site and are impatiently waiting to start meal distribution from the new site. We have recruited Commissioners Osterberg and Guccini for meal delivery in the past. We may need to knock on their doors again for help. The current budget projections on the federal level are grim. I am requesting you all to let Senators Toomey and Casey know how important the Title III funds are that support our senior nutrition services.



The new Internet lottery or "I-Lottery" went for vote recently in the State Senate. This is another method of increasing lottery revenue for older Pennsylvanians services. It would bring more gambling opportunities or lottery play available to your computer or internet. What do you think about it? I would like to hear from you.

June 6th is our Elder Justice Day at St. Vincent's in Dingmans Ferry. We are having a wonderful array of speakers including ones on Powers of Attorneys and reverse mortgages "are they for you?" Call for reservations. Lunch and transportation will be provided free of charge.

As May 12th is Limerick Day, I leave you with this:

*A wonderful bird is the pelican;
His beak can hold more than his belican.
He can hold in his beak
Enough food for a week,
Though I'm damned if I know how the helican!*
—Dixon Lanier Merritt (often incorrectly ascribed to Ogden Nash)



Elder Justice Day



June 6th 9:30 am—1:00 pm
St. Vincent's Parish Hall (across from Ray & Charles Deli)
101 St. Vincent Drive—Route 739, Milford PA
Full details in our June Newsletter
Reservations are required

Raffle Winners



1st Prize: \$500 Joe Peloso

2nd Prize: \$250 Maria SanGiorgio

3rd Prize: \$100 Kaitlyn Kirsten

4th Prize: \$100 Allen Sorensen



Low Cost Eyeglass Program
Thursday, May 18th
10:00 am to noon

North Western PA Optical Clinic is a privately funded program that provides income eligible persons with eyeglass for a low cost of \$40. This includes lined bifocals. They also offer a solid tint at a small charge. NO transitional lenses.

The 2017 Income Guidelines are as follows: 1 person \$23,760, 2 people 31,240, 3 people \$38,720, and \$7,480 for each additional member. Please call 1-800-901-1912 to make an appointment. If there is no answer, please leave a message and they will get back to you. Once you make an appointment, bring your prescription, choose from our new frames, and get measured for your lenses. Pay for your glasses at this time by CASH or MONEY ORDER. They are shipped to the lab for assembly and then sent directly to your home by US mail in about 2 weeks.

Get your prescription and call to set up an appointment so you too can see things the way you are meant to.

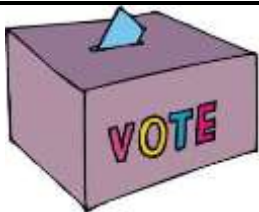
Walk-ins welcome until 11:30 am.



PRIMARY May 16th

Please remember the last day to apply for an absentee ballot is May 9th to vote in the Primary on May 16th.

Ballots must be received by May 12th



The Arthritis Foundation has designed Walk With Ease to be a safe and fun recreational exercise program. The Walk With Ease program helps you develop a walking plan that meets your particular needs, helps you stay motivated, helps you manage your pain, and teaches you to exercise safely. Along with medications, rest, diet and relaxation techniques, regular exercise can help keep your joints in working order and may also help prevent further joint damage.



Starting the week of May 10th through the week of June 14th

A six week program twice a week on Wednesdays and Thursdays from 11:00 am to 12:30 pm

At the Lackawaxen/Shohola Township Senior Center

Lackawaxen Fire Dept., Beisel Beck Rd & Rt 590, Lackawaxen, PA 18435

Please RSVP as soon as possible by calling 570-775-5550

Space is limited call today!

Contact: Lana, Health & Wellness Coordinator or Kathy



Farmers Market Vouchers

Farmers Market Vouchers will be distributed Tuesdays, Wednesdays & Thursdays starting Thursday June 1st between the hours of 10:00 & 12:00 in Blooming Grove. You must meet the following income guidelines to be eligible.

You must provide proof of residency and age.
You must turn 60 by the end of this year.

1 person - \$22,311

2 people - \$30,044

3 people - \$37,777

4 people - \$45,510

5 people - \$53,243

6 people - \$60,976

****note Child support is counted as household income, unless the child is a foster child****

Income means income before any deductions such as income taxes, Social Security taxes, insurance premiums, charitable contributions, bonds, etc.

Vouchers will be distributed in Matamoras on Fridays beginning June 2nd

Vouchers will be distributed in Lackawaxen on Wednesdays beginning June 7th

Vouchers will be distributed in Dingmans on Tuesdays and Fridays beginning June 2nd

Vouchers will be distributed in Blooming Grove

**Thursday June 1st, Wednesday June 7th & Thursday June 8th
And every Tuesday, Wednesday and Thursday starting June 13th**

from 10:00 am to 12:00 pm

Each eligible senior may receive four \$5.00 SFMNP checks for a total benefit of (\$20.00) one time during the program year.

AARP 4 hour DRIVER SAFETY CLASS

June 27, 2017 @ 1:30

In Blooming Grove



Formerly "55 Alive", the new SMART DRIVER 4 & 8 hour defensive driving course is designed for qualified drivers aged 50 and older. There are no tests and membership in AARP is not necessary. All automobile insurance companies doing business in PA are required by state law to give a minimum discount of 5% to all qualified policyholders age 55 and over who take the course. The discount is for a minimum of three years. Always check with your agent to make sure you qualify for the discount. All classes are taught by trained, unpaid volunteer instructors. The eight hour class is given in two four hour sessions, and is required for first timers and those who have not taken the class within the past 36 months. The one-day four hour class is only open to those who provide evidence of taking the class during the previous 36 months. A \$20 fee (\$15 for AARP members with membership card) is charged for each class. Class size is limited, advance reservations are necessary for placement in any class. Call 570-775-5550. Please bring your drivers license. Call 1-800-227-4669 or 1-877-866-3299 or go online www.aarp.org/drive for other classes and information.

Pre registration is required.

All checks must be payable to AARP.

Please mail a check to Pike County Area Agency on Aging, 150 Pike County Blvd., Hawley, PA 18428.



May

Dingmans's Center 9am — 2pm



Monday

Tuesday

Wednesday



Thursday

Friday

1 Closed	2 Games & Cards Yoga w/Lori @ 10:30	3 CLOSED	4 CLOSED Shopping	5 Centers Closed Volunteer Luncheon
8 Closed <i>Medical Transport</i>	9 Games & Cards Yoga w/ Lori @ 10:30 I & R Milford Senior Care	10 CLOSED	11 CLOSED Shopping	12 Bingo, Cards, Games
15 Closed <i>Medical Transport</i>	16 Games & Cards Yoga w/ Lori @ 10:30	17 CLOSED	18 CLOSED Shopping	19 Bingo, Cards, Games
22 Closed <i>Medical Transport</i>	23 Games & Cards Yoga w/ Lori @ 10:30 Blood Pressure @ 10:00	24 CLOSED	25 CLOSED Shopping	26 Bingo, Cards, Games
29 All Centers Closed for Memorial Day	30 Games & Cards Yoga w/ Lori @ 10:30 Celebrate Birthdays	31 CLOSED		

May

2017 Lackawaxen / Shohola Township 9am—2pm

EVERY MONDAY	EVERY WEDNESDAY	EVERY THURSDAY
Cards & Games Exercise Lunch <i>Medical Transport</i>	 Exercise with Dorothy & Lana @ 10:30 Lunch Bingo @ 12:00 5/10, 5/17, 5/24, & 5/31—Walk With Ease 5/10—I & R (2nd Wed) 5/17—Blood Pressure (3rd Wed) 5/18—Bead Craft @ 12 5/25—Milford Senior Care Speaker 5/31—Celebrate Birthdays	Cards & Games & Bingo Lunch 5/11, 5/18, 5/25-Walk With Ease 

May

2017 Matamoras Center 9am — 2pm

EVERY WEDNESDAY	EVERY FRIDAY
Cards & Games Yoga with Lori Lunch 5/17—Blind Association Support Mtg (3rd Wed of month) 5/24—Golden Age Group (4th Wed of month) 5/31—Chronic Disease Mgmt 10-12:30	Bingo Cards & Games Lunch Exercise with Lana @ 12 noon 5/5-Volunteer Luncheon-Closed 5/12—Drug & Alcohol Speaker @ 12 5/12 - I & R (2nd Fri of month) 5/12 -Blood Pressure 10:30-11:30 5/24—Chronic Disease Mgmt 10-12:30

Lunch reservations at the Milford Center are necessary. If you wish to make them.



Call the Pike County Area Agency on Aging at 570-775-5550 or 570-832-1929 and leave a message.





2017 Blooming Grove Activities



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Medical Transport <i>Hemlock Ladies</i>	2 Arts & Crafts Exercise w/Lana Tai Chi 10:30	3 Cards Dominoes, Rummikube	4 Bingo Exercise with Lana <i>Blood Pressure</i>	5 All Centers CLOSED VOLUNTEER LUNCHEON
8 Medical Transport <i>Monday's Angels Alzheimer's Support @ 1:30</i>	9 Arts & Crafts Exercise w/Lana Tai Chi 10:30 <i>Bigger Shopping Dingmans & Shohola</i>	10 Cards Dominoes, Rummikube <i>Bigger Shopping Milford & Matamoras</i>	11 Bingo Exercise with Lana <i>Tick Borne Illness Presentation @ 12</i> <i>Bigger Shopping Promised Land</i>	12 Arts & Crafts Cards
15 Medical Transport	16 Arts & Crafts Exercise w/ Lana Tai Chi 10:30 <i>Karen Ann Quinlan Long Term Care Planning @ 12</i>	17 Cards Dominoes, Rummikube	18 Bingo Exercise with Lana <i>Eyeglass Clinic</i> <i>Compost Speaker @ 12</i>	19 Arts & Crafts Cards
22 Medical Transport <i>Alzheimer's Meeting @ 2:30</i>	23 Arts & Crafts Exercise w/ Lana Tai Chi 10:30 <i>Alzheimer Speaker @ 12</i>	24 Cards Dominoes, Rummikube	25 Bingo Exercise with Lana Celebrate Birthdays	26 Arts & Crafts Cards
29 Medical Transport CLOSED Memorial Day Holiday	30 Arts & Crafts Exercise w/Lana Tai Chi 10:30	31 Cards Dominoes, Rummikube	<p>Look for details about our Grand Opening Celebration for our new Matamoras location to be held in June</p>	

Seniors Are Our First Priority

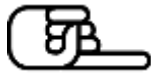
MAY 2017 MENU

Salad Bar Days



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Tossed Salad Lemon Pepper Fish Stewed Tomatoes Potatoes O'Brien Wheat Bread Fresh Fruit</p>	<p>2</p> <p>Cole Slaw Chicken Breast Parm with Tomato Sauce and Rice Pacific Medley Cookies</p>	<p>3</p> <p>Red Beets & Onions Breaded Fish Sticks Tartar Sauce Oven Roasted Potatoes Green Beans Fruited Jello-o</p>	<p>4</p> <p>Orange Juice Chili Con Carne with Rice Corn & Red Peppers Corn Muffin Cherry Fruit Crisp</p> 	<p>5</p> <p>All Centers Closed</p> <p>Volunteer Luncheon</p>
<p>8</p> <p>Cranberry Juice Swedish Meatballs with Sauce Rotini noodles Carrots Wheat Bread Ambrosia</p>	<p>9</p> <p>Split Pea Soup/Crax Hot Dogs (2) on buns Baked Beans Potatoes O'Brien Fresh Fruit</p>	<p>10</p> <p>Cottage Cheese & Fruit Tuna Salad Hoagie L/T/O Macaroni Salad Chocolate Cake</p>	<p>11</p> <p>Beef Barley Soup/Crax Alaskan Pollock Confetti Rice Succotash Dinner Roll Peaches</p> 	<p>12</p> <p>Red Cabbage Salad Lemon Chicken Breast Rice Creamed Spinach Wheat Bread Ice Cream</p> 
<p>15</p> <p>Lentil Soup/Crax Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Pears</p>	<p>16</p> <p>Grape Juice Beef Stroganoff Buttered Egg Noodles Corn Jell-o</p>	<p>17</p> <p>Southwest Corn Chowder Chef Salad (Turkey, Cheese, Ham) Crackers Vanilla Pudding</p>	<p>18</p> <p>Black Bean & Corn Salad BBQ Chicken Rice Pilaf Peas & Onions Rye Bread Fresh Fruit</p> 	<p>19</p> <p>Tossed Salad Stuffed Cabbage Tomato Sauce Mashed Potatoes Sauteed Zucchini Melon</p> 
<p>22</p> <p>Broccoli/Chick Pea Salad Stuffed Shells w/Sauce Italian Green Beans Italian Bread Mandarin Oranges</p>	<p>23</p> <p>Tossed Salad Chicken Cordon Bleu Rice Pilaf Peas & Carrots Dinner Roll Fresh Fruit</p>	<p>24</p> <p>Cucumber Salad Sweet & Sour Chicken Rice Stir Fried Vegetables Dinner Roll Pineapples</p>	<p>25</p> <p>Cranberry Juice Roast Turkey w/Stuffing Mashed Potatoes & Gravy Carrots Fruit Cocktail</p> 	<p>26</p> <p>Three Bean Salad Ham, Macaroni & Cheese Bake Broccoli & Cauliflower Rye Bread Chocolate Pudding</p> 
<p>29</p> <p>All Centers Closed</p>  <p>Memorial Day</p>	<p>30</p> <p>Pear Waldorf Salad Vegetable Lasagna Broccoli Wheat Bread Banana Bread</p>	<p>31</p> <p>Chicken Noodle Soup/Crax Meatloaf & Gravy Parsley Potatoes Squash Dinner Roll Fresh Fruit</p>	<p><i>Volunteers are always needed at all our centers. Please contact Lana at 570-775-5550 x1317</i></p>	

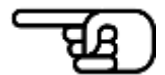
Jim Mitchell and Bob Skibber from Dingman Delaware Middle School



Patrick, Bob, Cherie, Walter & Richard from Blooming Grove



Representative Mike Peifer and Lackawaxen Volunteers Ron, Sonny & Ed



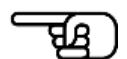
Pike County Commissioner Steven R. Guccini



Sue and Dennis with Honesdale National Bank employees Meg Janusewski & Beverly Simons



Donna delivering the food for distribution to our home bound consumers



EVENTS and PROGRAMS

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.

Dutch's Market—570-676-3373 No weekend delivery—but require 24 hr. notice when ordering on other days. \$10 delivery charge.

Dave's 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

Are you in need of home items or furniture? Do you have home items or furniture to donate? Call the office 570-775-5550 to list items to donate, or to put in your request for items in need. Our office staff have a list and can put you in touch with each other.

KNIGHTS OF COLUMBUS Council 12571

A nutritious home cooked meal will be provided the first Sunday of each month at **ST. JOHN NEWMAN PARISH HALL** from 2:00 PM—4:00 PM All are welcome. If you plan to attend please call 775-0681 Mon, Thurs, or Fri or 775-9826 Tues & Wed. Please leave your name, telephone number and number of people attending when making reservations.

FREE MEDICAL EQUIPMENT

We have access to 2 ramps. Please call 570-775-5550 for information on location and pickup.

Volunteers are always needed at all of our centers.

We have need for

*Home Bound Meal Delivery
Assisting at a Senior Center

*Medical Transportation
Shopping Assistance

*Friendly Caller/Visitor

Clerical

*Apprise

*Ombudsman Program is to serve as an advocate for nursing home and personal care residents, to resolve problems with their quality of care.

Please consider donating an hour or two or more of your time.

*Some Volunteer positions require a criminal background check

We have four locations:

Blooming Grove, Dingmans,
Lackawaxen & Matamoras.

Please call 570-775-5550

If you have Medicare questions, please call Alicia at 570-775-5550 x 1313



Please remember if you receive home delivered meals the suggested

donation is \$3.00 per person per meal.

Checks payable to PCAA

DONATE

FREE SMOKE ALARMS!



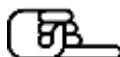
American Red Cross

The Red Cross will come to your home and install 10-year lithium battery powered smoke alarms at no charge.

Please call 570-234-2705

6 Little Known Facts About Blood Pressure

1. Too little salt can be a cause of high blood pressure.
2. Potassium is critical for healthy blood pressure.
3. Many doctors fail to take an accurate blood pressure measurement.
4. Your blood pressure can vary by arm
5. Low blood pressure isn't a problem unless you have symptoms.



The Pike County Veterans In-Reach Project (PVIP)

informs veterans in Pike County receiving or eligible for Medicare about their Medicare benefits. This program provides referral services, information and non-biased counseling free of charge regardless whether or not the individual qualifies for or has benefits through the Veterans Administration. This program can also inform Veterans about free and low cost Medicare services and programs including; screenings, Medicare Savings Programs, extra help with prescriptions and PACE /PACENET, (state based pharmacy assistance programs). For more information, please call the Pike County Veterans In-Reach project at (570) 775-5550 ext 1313.

6. Lifting weights can cause your blood pressure to rise

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

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 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!

Where to Find Information About the Medicare Plans Available in your County:

- * Medicare & You 2017 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. LoDolce - email: rlodolce@pikepa.org

Waiver Supervisor— Rene Bernatzky

Nutrition Site Managers- Cherie Ann Bland, Pam Capps, Jean Imperiale

Activity & Program Director & Health & Wellness Coordinator - Lana Romeo

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)

Matamoras Center—Matamoras Fire House, 506 Avenue Q, Matamoras, PA 18336

Wednesday & Friday 9 am to 2 pm (Phone: 570-832-1929)

ELDER ABUSE REPORTING NUMBER 1-800-233-8911

Advisory Council

*Chairperson: *Patricia Crane * Steven R. Guccini, Commissioner Representative * Doris Bannon * Charlotte Bell **

**Jeanne Carlstedt * Jacqueline Edicicco * Kathie Joseph * George Kanfer * Marianne McMillin **

*Ethel Musselwhite * Joe Shevlin * Catherine Steele * Rita Tepperman * Eileen Arenson * Sue Siska **

*Pike County Commissioners - Matt Osterberg *Richard A. Caridi * 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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