



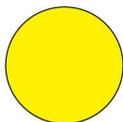
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Entrees at a Glance

- 7/01 Chicken Cordon Bleu w/ gravy
- 7/02 Alaskan Pollock w/ rice pilaf
- 7/03 BBQ Chicken / oven brown potatoes
- 7/04 CLOSED—4TH OF JULY
- 7/05 Beef Stroganoff over Rotini
- 7/08 Chili Con Carne over rice
- 7/09 Lemon chicken / Oven brown potatoes
- 7/10 Ital Sausage, Pepper, Onion on Hoagie
- 7/11 Veggie Nuggets / potatoes O'Brien
- 7/12 Meatloaf & Gravy / mashed potatoes
- 7/15 Salisbury Steak & gravy / mashed pot.
- 7/16 Lemon / Pepper fish / mac & cheese
- 7/17 Krab Salad Platter / Lettuce & Tomato
- 7/18 Stuffed shells & tomato sauce
- 7/19 Stuffed Chicken w Broccoli / Sweet pot.
- 7/22 Swedish Meatballs w Rotini pasta
- 7/23 Rotini & Meatballs w Tomato sauce
- 7/24 Chicken Salad on rye w/ let, tom , mayo
- 7/25 Sweet Sour Chicken w/ rice
- 7/26 Stuffed Cabbage w/ Corn & mashed pot
- 7/29 Chef Salad w/ Turkey, Ham & Cheese
- 7/30 Beef Stroganoff over Rotini pasta
- 7/31 Roast Turkey & Gravy w/ Stuffing

SALAD BAR—Thurs. & Fri.



**THE YELLOW DOT
PROGRAM IS HERE.
MORE INFO ON PG. 9!**

Pike County Area Agency on Aging

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

For each additional family member add \$7,326.00 of income

Beginning in June, checks 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:

July 16th & 17th

August 14th & 15th

September 18th & 19th

October 16th & 17th



Come to the Center for lunch & do your shopping. Fruits and 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

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

Happy Fourth of July!!!!!!!!!!!!!!!!!!!!



Summer time Summer time, sum, sum summertime. Enjoy the sun and flowers. We are ready for the heat and have initiated the heat emergency plan, and opened our “cooling centers”

Truly we are encouraging people, of all ages to come to their local senior centers for relief from the heat.

We are also amassing a number of fans for those without. Please call if you or your neighbor do not have a fan. We do not have air conditioners at this time, but we are hoping fans will help. Please these will be at a first come, in need, basis. Those with COPD and other related conditions are priority.

Keep your shades drawn to keep the cool in. Make use of early morning and early evening hours for outside work. Or.....ask your grandkids to help. Tell them to put down the play station control for once for God’s sake!!!! (oops, that’s in my house) :)

Farmer’s market vouchers are going at a fast rate, so make sure you get yours! All senior centers have them. If your club would like us to pay a visit and update you on the programs we offer, please don’t hesitate to contact us.

We will have our intern on hand this summer to do some one on one counseling with you. Do you have a nutrition related question? Want to maintain your weight or lose a few pounds? Do you need to watch fat or salt intake? Please put your name down for a free consultation. This goes for phone consults as well!

July brings budget time and we have our new fiscal year. We were hoping for the \$50 million in lottery reserve, but don’t know as of this writing. It would definitely assist us in serving all of our people. We have approximately 35 families on waiting lists now. We got our caregiver funding cut in the last quarter of last year and are hoping for full restoration this year. Please continue to advocate with us to KEEP THE LOTTERY FOR SENIORS IN THE COMMUNITY. It does so much good: Transportation, PACE Senior centers, and Area Agencies and Aging.

Gotta go light some fireworks now in Milford!



BEETS



Beets are an excellent source of folate, & good sources of potassium, vitamin C & fiber. They are low in calories & are fat & cholesterol free. Beets have a sweet flavor & are great cold or hot. They go well with meats, in soups & with other vegetables. Most often they are sold in cans & jars, but are also available fresh and are inexpensive. Beets are 58 calories per cup, 106 mg sodium, 4g fiber, 9g sugars, and zero fat.

Beet greens (leaves) are very nutritious, and delicious. They are an excellent source of Vitamins A, C, B3, B5, B6, potassium, Magnesium, and a good source of calcium, iron and copper.

Chard is a member of the beet family which includes Swiss chard, leaf beet, spinach beet, silver beet, sea-kale beet or white beet. Chard produces broad leaves rather than a large round root. The leaves are eaten for their tender texture and mild flavor. The leaf and stalk can be eaten raw or cooked.

<p>Red Salad</p> <ul style="list-style-type: none">4 medium beets2 large red potatoes4 medium carrots2 tbsp. mayo1 tbsp. mustard	<ol style="list-style-type: none">1. Fill a large pot with water, and add beets. Bring to a boil over medium-high heat, and cook for about 30 minutes. Add potatoes to the water and continue to cook for another 30 minutes. Add carrots, and continue boiling until everything is soft, about 15 minutes. Drain, and let the vegetables cool until cool enough to handle.2. Cut vegetables into cubes, and place them into a serving bowl. Stir in mayonnaise and mustard until everything is well coated. Serve warm as side dish.
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Hella Nifantoff -- Here to Help!

Born and raised in Germany, Hella met her husband of 48 years at an Army base in Germany. In 1964 they moved to New York, and were married a couple of days later. Hella worked at a dentist office at first and then took an accounts payable position, where she remained for 28 years.

Together they raised 3 children, and made several trips back to Germany to visit family. Their children have grown up to be teachers and physical therapists. They have 3 grandchildren, which include a set of twins. Visits are as much as possible between New York and Pennsylvania.

Hella has volunteered at Lackawaxen Center for the past 2-3 years.

She also enjoys gardening, knitting and crafts.

We always appreciate the time give to us by our volunteers. Say “Guten Morgen” when you see Hella.

Danke schön Hella!

Come join the gang, & volunteer!

Call me 570-775-5550 ext 1303

Share your Smile Sue Van Orden



Pike County “LINK” to Aging & Disability Resources Sponsored a “Town Hall Meeting” on June 13, 2013 at the Pike County Training Center: Municipalities, Advocates & People with Disabilities were all invited to attend. Training Coordinator Dave Whalen traveled to Pike County from Niagara University, NY to present the training at the Town Hall Meeting. The customized curriculum is designed to train and educate individuals to work with their town or municipalities representatives to respond to the needs of people with disabilities. This ensures awareness, acceptance and accessibility. The training educated municipal employees and advocates on how to properly respond and work with the disability community while providing the necessary tools for both inclusion and compliance.

EMERGENCY SERVICES: EOC, EMS, FIRE FIGHTERS

DAT TRAINING WAS JUNE 13, 2013

LAW ENFORCEMENT: ALL LAW ENFORCEMENT

DAT TRAINING WAS JUNE 14, 2013

All Attendees learned about the disabilities that they may encounter, and how to appropriately respond. First Responders will be able to understand challenges they face, and how to address them effectively. Video presentations of emergency situations were presented. Emergency preparedness, which will allow for proactive response in the township or community being served was emphasized. The ability to understand characteristics of individuals across all disability spec-

trums was provided throughout the session.



Keep Foods Fresh Longer

The average family throws out nearly 122 lbs. of food per month & wastes \$590 per year on food that eventually spoils. Below are tips to keep food fresher longer.

Fresh Herbs: DO: wrap in paper towels to absorb moisture, place in bag in the crisper drawer. DON'T: refrigerate basil, which is damaged by the cold; instead stand it in water on a sunny windowsill.

Eggs: DO: store eggs in their original container on a refrigerator shelf. They will last 3—4 weeks past sell-by date. DON'T: store eggs on the door, where eggs are vulnerable to temperature fluctuations.

Lunch Meat: DO: store meat in the meat compartment, especially designed to keep cool and help meat last 3—5 days past sell-by date. DON'T: forget to carefully reseal the package.

Tomatoes: DO: store cherry & grape tomatoes in their original containers in the refrigerator. Ripen large varieties on the counter—cold temperatures halt color, flavor & nutrient development. Once bright red, store in fridge. DON'T: Place ripe tomatoes near vegetables, as they give off ethylene.

Hard Cheese: DO wrap in moisture-proof plastic or foil, this will help keep it 2—4 months past sell-by date. DON'T throw it away at the first site of mold. If the outside has visible mold, trim off the mold & 1/2" area of cheese below it.

Yogurt: DO store at 39 degrees F, an appropriate temp for your fridge, & will keep 10—14 days past sell-by date. DON'T: be deterred by separation—simply stir & enjoy.

Milk: DO hit dairy aisle before checking out to minimize the time the milk is left unrefrigerated, & store it on a shelf pushed far back, where the air is coldest. DON'T: Store it close to or on the door, the air temp is warmer.

Alliums (onions, shallots, garlic): DO: store in a warm dry place like a countertop. DON'T: place them near ripening fruits. They contain strong sulfur compounds, which taint other produce in close vicinity. Also, don't place them in the fridge—exposing them to cold, and will initiate rotting & rooting.

Watermelon: DO: ripen on countertop about a week which nearly doubles the melon's lycopene & beta-carotene levels, according to a USDA study. Put in fridge prior to eating. DON'T: store near other fruits, they're easily damaged

Mushrooms: DO: place them unwashed in a paper bag in your fridge. Keep them cold and dry disfavours bacterial growth & the paper bag protects against dehydration. DON'T: wash prior to storage.

Stone Fruits (nectarines, cherries, plums, peaches): DO: ripen on the counter & transfer to the fridge. DON'T: Refrigerate these fruits while they are still firm, or they'll never ripen.

Grapes: DO: remove bruised or damaged fruit, wrap in a paper towel & store in original ventilated plastic bag in the fridge. DON'T: wash until right before eating; doing so in advance encourages mold development.

Leafy Greens: DO: Pat dry before storing—excess moisture encourages decay. Wrap in paper towels, place in plastic bag & store in crisper. DON'T: Keep in close proximity to ethylene-producing fruits like tomatoes.

Berries: DO: store in their original container, which increases ventilation. Remove bruised or moldy berries from batch, as they'll speed up decay among the rest. DON'T: wash berries prior to storage—same as grapes.

Apples: DO: store in plastic bag in the fridge crisper to lock in moisture. Pureed apples mixed with sugar keep well in the freezer as do slices of apples sprinkled with lemon juice to prevent browning. DON'T: store near vegetables which can be damaged easily by the ethylene the apples produce.

Potatoes: DO: Keep baking potatoes like Yukon Gold or Russets in a cool, dark place & store smaller varieties like red potatoes in the fridge. DON'T: store baking potatoes near direct sunlight which stimulates the grow of a toxin that can be dangerous in large amounts. Keep smaller-size potatoes away from apples & pears, which will take on the tuber's earthy flavor.

Asparagus: DO: refrigerate them upright with the bottoms wrapped in a damp paper towel and a plastic bag loosely covering them. DON'T: Submerge them in water, this method actually increases bacteria growth, hastening decay.

Carrots: DO: Remove leafy tops to prolong storage. Peeled baby carrots can go anywhere in the fridge, but larger carrots with skins are much more sensitive to ethylene. DON'T: Store carrots next to fruit—after a week or two they'll become bitter & nearly inedible due to the ethylene from the fruits.

JULY 2013 Delaware Twp. Center 9am — 3pm

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed Medical Transport	2 Games & Cards	3 Bingo Games & Cards Yoga w/ Pam 	4 CLOSED 	5 CENTER CLOSED 
8 Closed Medical Transport	9 Games & Cards	10 Bingo Games & Cards	11 CLOSED Shopping 	12 Blood Pressure & Speaker from Quality Healthcare Bingo, Cards Games
15 Closed Medical Transport	16 Games & Cards	17 Bingo Games & Cards Yoga w/ Pam 	18 CLOSED Shopping 	19 Bingo, Cards Games
22 Closed Medical Transport	23 Speaker @ 11 Games & Cards	24 Bingo, Games & Cards	25 CLOSED Shopping 	26 Bingo, Cards Games Yoga w/ Pam 11 
29 Closed Medical Transport	30 Games & Cards	31 Bingo, Games & Cards		Every 1st Friday of the Month Blood Pressure & Speaker –Quality HC

JULY 2013 Lackawaxen / Shohola Township 9am—2pm

EVERY MONDAY	EVERY WEDNESDAY	EVERY THURSDAY
Medical Transport Exercise Cards & Games Lunch	Exercise @ 12:30 Cards & Games Lunch 	Cards & Games Lunch CENTER CLOSED on July 4th 



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



JULY 2013 Blooming Grove Activities



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Hemlock Ladies Medical Transport	2 Arts & Crafts Line Dancing 10:00 Choral Group Computer Class Farmers Market Cks 10:30—1	3 Cards Dominoes & Rummikube	4 CLOSED 	5 Arts & Crafts Cards & Bingo
8 Medical Transport Monday's Angels Alzheimer's Support 1:30pm Advisory Board 12:30	9 BIGGER SHOPPING Arts & Crafts Line Dancing 10:00 Choral Group Computer Class Farmers Market checks 10:30—1 	10 BIGGER SHOPPING Cards Dominoes & Rummikube 	11 BIGGER SHOPPING Arts & Crafts & Bingo Wii bowling practice Computer Class Farmers Market checks 10:30—1 	12 Arts & Crafts Cards & Bingo
15 Medical Transport	16 VA Rep @ 9 Ritters Produce @ 10 Farmers Market cks 10:30—1 Arts & Crafts Line Dancing 10:00 Choral Group Computer Class  Yoga w/ Lori	17 Cards Ritters Produce @ 10 Dominoes & Rummikube Grief Support 10:30 Blood Pressure	18 Exercise w/Lana Farmers Market checks 10:30—1 Arts & Crafts & Bingo Wii bowling practice Computer Class	19 Arts & Crafts Cards & Bingo
22 Medical Transport	23 Arts & Crafts Exercise w/Lana Line Dancing 10:00 Choral Group Computer Class Farmers Market checks 10:30—1	24 Cards Dominoes & Rummikube	25 Exercise w/Lana Arts & Crafts & Bingo Wii bowling practice Computer Class Farmers Market checks 10:30—1	26 Arts & Crafts Cards & Bingo
29 Medical Transport	30 Speaker @ 11 Arts & Crafts Exercise w/Lana Line Dancing 10:00 Choral Group Computer Class Farmers Market checks	31 Cards Dominoes & Rummikube PA1000—Preparation by appointment only	Beat the Heat this summer—All three of our Senior Centers are Cooling Centers. 	Computer Lessons begin this month by appt. Every Tues & Thurs Call Lana 570- 775-5550 ext. 1317. 

Seniors Are Our First Priority

JULY Lunch Menu

Salad Bar Days



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Red Beets & Onions Chicken Cordon Bleu w / gravy Rice Pilaf Mixed Vegetables Wheat Bread Peaches	2 Waldorf Salad Alaskan Pollock Rice Pilaf Spinach Wheat Bread Mandarin Oranges	3 Cucumber Salad BBQ Chicken Oven Brown Potatoes carrots Dinner Roll Jell-O	4 	5 Tomato Orzo Soup Beef Stroganoff over Rotini Brussels Sprouts Whole Wheat Bread Pears
8 Orange Juice Chili Con Carne Rice Mexicali-Corn Cornbread Granola Bar	9 Red Cabbage Salad Lemon Chicken Oven Brown Potatoes Zucchini & Tomatoes Wheat Bread fresh fruit	10 Cottage Cheese w/Fruit Italian Sausage Peppers & Onions Hoagie Roll O'Brien Potatoes Oatmeal Cookies	11 Minestrone Soup Veggie Nuggets Potatoes O'Brien Peas and Carrots Dinner Roll Vanilla Pudding	12 Three Bean Salad Meatloaf & Gravy Mashed Potatoes Spinach Rye Bread fresh fruit
15 Grape Juice Salisbury Steak w/Gravy Mashed Potatoes Peas Wheat Bread Fresh Fruit	16 Broccoli/Chickpeas Lemon/Pepper Fish Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Fruit Jell-O	17 Lentil Soup Krab Salad Platter lettuce & tomato Dinner Roll Chocolate Cake	18 Lentil Soup Stuffed Shells In Tomato Sauce Broccoli Italian Bread Pistachio Pudding	19 Carrot Raisin Salad Stuffed Chicken with Broccoli Sweet Potatoes Rye Bread Ambrosia
22 Coleslaw Swedish Meatballs Rotini Pasta String Beans Wheat Bread Pineapple	23 Tossed Salad Rotini & Meatballs with Tomato Sauce Italian Green Beans Italian Bread Fresh fruit	24 Corn Chowder Chicken Salad on Rye Bread Lettuce/tomato/onion Macaroni Salad Cookies	25 Orange Juice Sweet & Sour Chicken w/ Rice Stir Fry Vegetables Rye Bread Chocolate Cake	26 Pasta Salad Stuffed Cabbage Corn Mashed Potatoes Rye Bread Apple Sauce
29 Split Pea Soup Chef Salad (turkey, cheese ham) Dinner roll Pasta Salad Chocolate Pudding	30 Cucumber Salad Beef Stroganoff over Rotini Succotash Rye Bread Apple Crisp	31 Cranberry Juice Roast Turkey w/ gravy & stuffing Mashed Potatoes Peas & Onions Ice cream		

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



Do you have Arthritis, Back and/or Neck Pain?

We will be hosting speaker Jane McCormack at two of our centers in July, who will discuss arthritis, back and neck pain. Come in, have lunch and get informed about those debilitating disorders and learn how you can help prevent the onslaught of them, and how to manage the pain you already have. See below for the dates and times.

Delaware Township Senior Center — Tuesday, July 23rd At 11:00 am

Blooming Grove Senior Center — Tuesday, July 30th at 11:00 am

Cabaret LULU

Direct From the Heart of Broadway

When: Thursday, July 18, 2013

Where: Thayer Hotel at West Point, NY

Cabaret: "Bright Lights of Broadway"

Menu: All you can Eat Buffet of Beef, Chicken, Fish
Pasta's, Assorted Cake, Pies, Cookies, Coffee,
Tea and Ice Tea

Time: 9:15 a.m.

Transportation included (To and From West Point from the Center only)

We will meet at Pike County Area Agency on Aging Blooming Grove Center

The famous Star Cheryl Alexander (Barbara Paschell's daughter) is one of the leads in this Cabaret.

Lunch, Show, Transportation all this for only \$75.00 per person what a deal. Register quickly, Limited Seating.

Reservations Required: Call Lana at 570-775-5550 ex.1317



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—Help to resolve senior issues—800-356-3606

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

BENEFITS CHECK UP: 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—800-693-7462. supportive services & programs—all ages.

PA ATTORNEY GENERAL: 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:

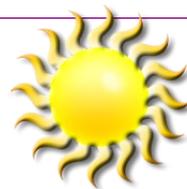
570-775-5550

Promised Land Picnic coming in August



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. It will be great day! If you need more information call:

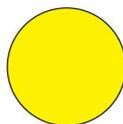
570-775-5550. Remember, you need to call transportation to get there. Call them directly at 570-296-3408.



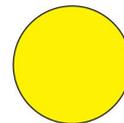
Musical entertainment by Ron Mozzone.



Get Your Yellow Dots Here



The Yellow Dots are in! Yellow Dots help first responders to have access to your medical information in case of an emergency involving your vehicle. All that is required is that you 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 will ensure proper medical attention, if you should have an emergency while in your vehicle. The Yellow Dot kits can be picked up at all three Senior Centers. This is a free program through PennDOT, PCAA, PA State Police, Turnpike Commission & First Responders.



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, 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 2013 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 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

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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