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**Entrees at a Glance**

- 01/01 CLOSED—*HAPPY NEW YEAR!*
- 01/02 Beef Stroganoff w/ Rotini
- 01/03 Swedish Meatballs w/ Rotini
- 01/04 Alaskan Pollock w/ Rice Pilaf
- 01/07 Chicken Cordon Bleu w/ Gravy
- 01/08 Stuffed Cabbage w/ Mashed Pot
- 01/09 Meatloaf & Gravy w/ Mashed Pot
- 01/10 Stuffed Chicken w/ Broccoli
- 01/11 Baked Ham w/ Raisin Sauce
- 01/14 Salisbury Steak w/ Gravy
- 01/15 Ham & Cheese on Hoagie
- 01/16 Veal Cacciatore w/ Rice
- 01/17 Turkey & Gravy w/ Stuffing
- 01/18 Sweet Sour Chicken w/ Rice
- 01/21 CLOSED *Martin Luther King Jr day*
- 01/22 Ital Sausage & Pepper Hoagie
- 01/23 Lemon Chicken w/ Brown Rice
- 01/24 Stuffed Shells w/ Tomato Sauce
- 01/25 Chili Con Carne w/ Rice
- 01/28 BBQ Chicken w/ Brown Rice
- 01/29 Veggie Nuggets w/ Pot O'Brien
- 01/30 Rotini & Meatballs
- 01/31 Grilled Chicken Breast w/  
mushroom sauce

**SALAD BAR—Thurs. & Fri.**



**Activities at a Glance**

- 1/01 CLOSED — *Happy New Year!*
- 01/08 Bigger Shopping
- 01/09 Bigger Shopping
- 01/10 Bigger Shopping
- 01/15 Stress Speaker BG
- 01/16 Stress Speaker LAX
- 01/18 Stress Speaker DEL
- 01/21 CLOSED *Martin Luther King Jr Day*

## Christmas with Santa and Elvis



Delaware Township held their Christmas Party on Friday, December 14th. It featured Santa Clause and even Elvis came back to sing a few of his hits for the revelers.

There was much merry-making and some even danced to the tunes of Elvis.



Roy Osterberg poses with Elvis.

### ***2011 PROPERTY TAX/RENT REBATE HAS ENDED***

The deadline to apply for a rebate on 2011 property tax or rent paid was December 31, 2012. No more applications for the 2011 rebate will be accepted. Applications for 2012 rebates will begin in March 2013. Please note: if you have filed for a rebate in previous year(s), you should automatically receive an application in the mail.

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

Happy New Year

Sicilian Proverb: Throw the January Cabbage in the garbage. What does that mean? Cull your stuff? Don't keep food too long? Some people would throw ALL cabbage out (..matter of taste I say) but in any event January is usually a time to look back, to reassess, and to lean forward into the new year. We said good bye to some friends who went to other places, earthly and some heavenly. We faced new challenges and survived ....so far. We learned a couple things (don't plant Hostas where deer roam). Have patience and usually it pays off. We learned that more and more of our people are coming out after they turn 90. We served 86 people last year over 90 years of age. Overall we served 1025 seniors in Pike County. That is pretty impressive. What is that saying, "God willing and the creek don't rise". They should have mentioned "costs don't rise", but that is not realistic I guess. We will be doing more in 2013. More diverse, program, some fee-for-service programs, and hopefully moving people off of the waiting list regularly. A girl can dream can't she?

The 2013 year brings us hope that our vulnerable homebound seniors & people with disabilities will access the services they need at the time they need it in the amount and duration they need. That was part of our four year plan and we are bound to comply.

Wish us luck. Drop by for a visit, or give us a call and tell us how we are doing.

**Bed Rails** for broomsticks  
& shiny metal **Recliners**  
**Shower Chairs** on rooftops  
& **Respite Care** for weekends  
**Walk-In Tubs & In Home Care, nutritional bars, & eye drops**

These are a few of my favorite things.....



## KALE

Kale is one of the healthiest vegetables, and it happens to be best during the winter months from November to March. It is an excellent source of antioxidants, vitamins A, C, and K, phytonutrients, carotenoids and flavonoids, and magnesium. It is also a good source of minerals copper, potassium, iron, manganese, and phosphorus.

One cup of kale contains 36 calories and 5 grams of fiber. Kale is low in saturated fat, and very low in cholesterol. It is also good for eye-health; and is said to help reduce the risk of heart disease, especially when cooked instead of raw. (Steam for 5 minutes to make it more tender.)

### ***Yummy ways to eat Kale:***

- Cover and cook chopped kale with a few garlic cloves and olive oil for 5 minutes; season with salt, pepper, and a splash of your favorite vinegar.
- Use kale as a low-calorie, healthy way to bulk up recipes. (ex. Use kale instead of ½ the bread in stuffing.)
- Chop it finely and add to soups, stews, stir-fry, omelets/quiche, pasta, casseroles, salads.
  - Top pizzas with kale for added nutrition.
  - Substitute kale for lettuce in sandwiches.
  - Juice kale with other fruits and veggies.



Store kale, **unwashed**, in an air-tight, plastic bag for up to five days in the refrigerator. Wash thoroughly before cooking.

### **Consult your doctor before adding kale to your diet.**

Because of its high vitamin K content, patients taking blood thinners should avoid kale.

Kale contains some oxalic acid, although far less than some other comparable greens such as spinach. Consult your physician if you have known oxalate urinary tract stones.

Sources: WebMD Expert Column, Nutritiondata.com

## *Reflections on the year 2012 - Looking back...*

January we entered the new year with appreciation of all our Volunteers, and were lucky to get a small grant to give gas cards randomly to those who entered into the drawing. We followed up with a survey of the aging population in Pike County, with the assistance of many volunteers. During tax season, trained AARP Tax preparers (all Volunteers) came in and helped hundreds of people with their taxes. In May, we had a Volunteer Luncheon to honor our volunteers, and as always, it was a great time. As the year moved on we had picnics at Camp Akenac and Promise Land State Park rounding off at Lackawaxen with an Oktoberfest. So many volunteers still give their time at these events to make them a success.

We finished our Volunteer Incentive plan with gas cards for those who entered the final drawing in July. We had wished we could give to everyone, but to be fair it had to be a random drawing. We started late planning for a Rain Garden and of course there were the volunteers digging in the dirt to help plant some even in the rain! We celebrated wonderful volunteers throughout Pike County at the Pike County Chamber of Commerce dinner, and honored two of our long time volunteers.

We had so many wonderful volunteers come in and help get food out to those in Pike County's aging population with meals when Super Storm Sandy hit us on October 29th. Then, Medicare enrollment came and went, with the help of volunteers who give of their time weekends and evening. Let's not forget the little elves who helped get gifts (Thank you St Patrick's Church) out to those who are homebound for a little Christmas spirit.

Volunteers, you make the world go round, thank you.

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

*Share your Smile Sue Van Orden*



**Wow, another year has passed for the Link to Aging & Disability Resources! The LINK has added value looking back to 2012. The LINK sponsored Cross Training's from different Organizations with speakers from the Alzheimer's Association, the Disability Rights Network; Brain Injury, Stress & Resources to Live Independently, NE Center for Independent Living, Pike County Transportation, Assistive Technology of UCP, Office of Vocation Rehab, Pike County Workforce Dev., Pike Area on Aging, Workforce Wayne Carbon, Monroe, Pike Mental Health & Developmental Services. The LINK thanks everyone that participated in the Cross Trainings! Your organization's participation has added much needed information on resources to the community. The LINK's Partners all work together out in the community to share even more resources with agencies, staff, caregivers & consumers. Outreach to community groups has been positive & proven to be a very effective way to reach out to the Pike County Residents. The feedback we are hearing from people in the community is positive! People want to know more about the LINK to services & supports that are out in the Community. The LINK will continue reaching out to the community as well as planning additional Cross Training's for this new year. Keep looking out for the flyers or check our website [www.pikepa.org](http://www.pikepa.org) for up & coming events in 2013 from the LINK to ADRC. If you would like more information about the LINK Initiative for Aging & Disability Resources please reach out to 570-775-5550 x1312 or by e-mail [jboyd@pikepa.org](mailto:jboyd@pikepa.org)**

**Janice Boyd –LINK Coordinator Wishes you a Happy & Healthy New Year 2013!**



## MEDICARE ADVANTAGE DISENROLLMENT PERIOD JANUARY 1 — FEBRUARY 14TH

Although Medicare Open enrollment has ended, there is an additional Medicare Advantage **Disenrollment** Period (MADP) when you can **drop your Medicare Advantage plan and return to Original Medicare**. If your Medicare Advantage plan included drug coverage, **you can also join a stand-alone Medicare Prescription Drug plan (Part D)**. Changes that you make during the MADP will go into effect on the first day of the following month. Please note, during this time you cannot switch to another Medicare Advantage plan. (To be clear, you will need to wait until the next Annual Open Enrollment period next fall if you want to switch to another Medicare Advantage plan or to make changes to original Medicare.)

It is important to know your rights and responsibilities before making changes. Please call: **570-775-5550**, to set up an appointment with an Apprise Representative as soon as possible, if you are considering a change to your Medicare Advantage plan.

Please be careful of phone scams warning that you will lose benefits if you don't sign up. If you receive a suspicious call, do not give out your information, ask for the caller's name & report it to 800-MEDICARE.

### NEED HELP? GET HELP!

**CARIE:** [www.carie.org](http://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](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

### Tax Savings — (any age)

#### Homestead Property Tax Reduction

There is a School tax reduction due to distribution of gambling proceeds to surrounding counties.

You must apply from January 1st to February 28th.

Call the Pike County Tax Administration & Assessment office to find out what documents are needed to apply:

570-296-5936 - Monday—Friday 8:30 am to 4:30 pm,  
at 506 Broad Street, Milford, PA 18337

### Low Income Home Energy Assistance Program LIHEAP

The LIHEAP program will begin November 2012. Below are the income guidelines, and what information you need to provide, along with the hotline number and how to apply online.

#### Cash, Crisis & Winterization Programs—150% of FPIG Income Guidelines for Homeowners & Renters

| <u>Household size / Max. Income</u> |
|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| 1. \$1,396.25      \$16,755         | 6. \$3,871.25      \$46,455         |                                     |                                     |
| 2. \$1,891.25      \$22,695         | 7. \$4,366.25      \$52,395         |                                     |                                     |
| 3. \$2,386.25      \$28,635         | 8. \$4,861.25      \$58,335         |                                     |                                     |
| 4. \$2,881.25      \$34,575         | 9. \$5,356.25      \$64,275         |                                     |                                     |
| 5. \$3,376.25      \$40,515         | 10. \$5,851.25      \$70,215        |                                     |                                     |

Remember to include with the application:

- \* Social Security numbers for all household members
- \* Income from the month prior to month of application  
(example: August application needs July income)
- \* Utility Bill dated within 2 months of application / Deliverable Fuel bill dated 01/01/12 or later

**Assistance / LIHEAP hotline: 1-866-857-7095**

**Apply online for LIHEAP: [www.compass.state.pa.us](http://www.compass.state.pa.us)**

#### Cash Component

- \* Opening date 11/1/2012
- \* Closing date 3/29/2013
- \* Minimum benefit amount of \$100
- \* Maximum benefit amount of \$1000

#### Crisis Exceptional Pay\*

- \* Opening date 11/1/2012
- \* Closing date 1/1/2013
- \* Minimum benefit amount of \$25
- \* Maximum benefit amount of \$400

#### Crisis Component\*

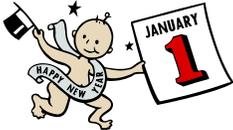
- \* Opening date 1/2/2013
- \* Closing date 3/29/2013
- \* Minimum benefit amount of \$25
- \* Maximum benefit amount of \$400

**\* Total Crisis Exceptional Pay & Crisis Component funds cannot exceed \$400**

## January 2013 Delaware Twp. Center 8am — 3pm

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1 CLOSED</b> 	<b>2 Yoga w/ Meredith</b> Bingo, Games & Cards 	<b>3 CLOSED</b>	<b>4</b> Bingo, Cards, Games
<b>7 CLOSED</b> Medical Transport	<b>8</b> Games & Cards	<b>9</b> Bingo Games Cards <b>Shopping</b> 	<b>10 CLOSED</b>	<b>11</b> BP & Alzheimer's speaker @ 11 Bingo, Games & Cards
<b>14 CLOSED</b> Medical Transport	<b>15</b> Games & Cards	<b>16 Yoga w/ Meredith</b> Bingo Games & Cards <b>Shopping</b>  	<b>17 CLOSED</b>	<b>18 Kathleen @ 11</b> Bingo, Cards Games <b>Speaker on Stress</b>
<b>21 CLOSED</b> Medical Transport	<b>22</b> Games & Cards	<b>23</b> Bingo, Games & Cards <b>Shopping</b> 	<b>24 CLOSED</b>	<b>25 Yoga w/ Meredith 11 am</b> Bingo, Cards Games 
<b>28 CLOSED</b> Medical Transport	<b>29</b> Games & Cards	<b>30</b> Bingo, Games & Cards	<b>31 CLOSED</b>	

## January 2013 Lackawaxen / Shohola Township 8am—2pm

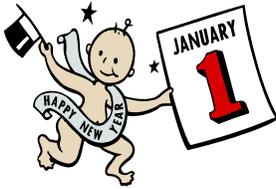
MONDAY	WEDNESDAY	THURSDAY
<b>1. CLOSED</b> 	<b>2</b> Exercise @ 12:30 Knitting Classes @12:30 Cards & games	<b>3</b> CLOSED
<b>7</b> Medical Transport Cards & Games <b>Exercise @ 11:15</b> <b>Blood Pressure/Glucose Screening</b>	<b>9</b> Exercise @ 12:30 Knitting Classes @12:30 Cards & Games	<b>10</b> CLOSED
<b>14</b> Medical Transport Cards & Games <b>Exercise @ 11:15</b>	<b>16</b> Exercise @ 12:30 Knitting Classes @12:30 Cards & Games <b>Speaker on Stress</b>	<b>17</b> CLOSED
<b>21</b> CLOSED 	<b>23</b> Exercise @ 12:30 Knitting Classes @12:30 Cards & Games	<b>24</b> CLOSED
<b>28</b> Medical Transport Cards & Games <b>Exercise @ 11:15</b>	<b>29</b> Exercise @ 12:30 Knitting Classes @12:30 Cards & Games	<b>30</b> CLOSED



# Blooming Grove Activities

## JANUARY 2013



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Dec. 31</b> New Year's Eve Medical Transport	<b>1 CLOSED —</b> 	<b>2 Cards</b> Bingo Dominoes & Rummikube Yoga w/ Lori 	<b>3 Blood Pressure</b> Arts & Crafts Bingo Wii bowling practice	<b>4 arts &amp; Crafts</b> Cards
<b>7</b> Medical Transport <b>Hemlock Ladies</b>	<b>8 BIGGER SHOPPING</b> Arts & Crafts Bingo Line Dancing 10:00 Choral Group 	<b>9 BIGGER SHOPPING</b> Cards Bingo Dominoes & Rummikube 	<b>10 BIGGER SHOPPING</b> Arts & Crafts Bingo Wii bowling practice 	<b>11 Arts &amp; Crafts</b> Cards
<b>14</b> Medical Transport <b>Monday's Angels</b> <b>1:30pm Alzheimer Support</b>	<b>15 Arts &amp; Crafts</b> Bingo Exercise w/Lana Line Dancing 10:00 Choral Group Wii bowling practice <b>Veterans Rep 9:00 am</b> <b>Speaker on Stress</b>	<b>16 Blood Pressure</b> <b>Grief Support 10:30</b> Cards Bingo Dominoes & Rummikube Yoga w/ Lori 	<b>17 Exercise w/Lana</b> Arts & Crafts Bingo Wii bowling practice	<b>18 Arts &amp; Crafts</b> Cards
<b>21 Closed</b> <b>Martin Luther King Jr</b> 	<b>22 Arts &amp; Crafts</b> Bingo Exercise w/Lana Line Dancing 10:00 Choral Group Wii bowling practice	<b>23 Cards</b> Bingo Dominoes & Rummikube Yoga w/ Lori 	<b>24 Exercise w/Lana</b> Arts & Crafts Bingo Wii bowling practice	<b>25 Arts &amp; Crafts</b> Cards
<b>28</b> Medical Transport	<b>29 Arts &amp; Crafts</b> Bingo Exercise w/Lana Line Dancing 10:00 Choral Group	<b>30 Cards</b> Bingo Dominoes & Rummikube Yoga w/ Lori 	<b>31 Arts &amp; Crafts</b> Bingo Exercise w/Lana Wii bowling practice	<b>Computer Lessons</b> <b>are suspended from</b> <b>November 1st until</b> <b>April 2013. Call in</b> <b>April to make an</b> <b>appointment.</b>

**Seniors Are Our First Priority**

# JANUARY LUNCH Menu

Salad Bar Days



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 <b>CLOSED</b></p>	<p>2 Red Cabbage Salad Beef Stroganoff Rotini Pasta Brussels Sprouts Rye Bread Apple Crisp</p>	<p>3 Minestrone Soup Swedish Meatballs Rotini Pasta String Beans Rye Bread Pineapple</p>	<p>4 Cranberry Juice Alaskan Pollock Rice Pilaf Spinach Wheat Bread Mandarin Oranges</p>
<p>7 Tossed Salad Chicken Cordon Bleu w/ Gravy Rice Pilaf Mixed Vegetable Wheat Bread Banana Cake</p>	<p>8 Carrot Raisin Salad Stuffed Cabbage Corn Mashed Potatoes Rye Bread Fruited Jell-O</p>	<p>9 Orange Juice Meatloaf &amp; Gravy Mashed Potatoes Spinach Wheat Bread Chocolate Pudding</p>	<p>10 Tomato Orzo Soup Stuffed Chicken w/ Broccoli Sweet Potatoes Corn Wheat Bread Fresh Fruit</p>	<p>11 Cucumber Salad Baked Ham w/ Raisin Sauce Whipped Sweet Potatoes Green Beans Dinner Roll Ambrosia</p>
<p>14 Carrot Salad Salisbury Steak w/ Gravy Mashed Potatoes Pacific Medley Rye Bread Lemon Pudding</p>	<p>15 Grape Juice Ham Cheese on Hoagie Roll Lett/Tom/Onion Macaroni Salad Peach Oatmeal Crisp</p>	<p>16 Tossed Salad Veal Cacciatore Steamed Rice Green Beans Italian Bread Ice Cream</p>	<p>17 Split Pea Soup Turkey &amp; Gravy w/ Stuffing Mashed Potatoes Cranberry Sauce Peas &amp; Onions Dinner Roll Vanilla Pudding</p>	<p>18 Pasta Salad Sweet &amp; Sour Chicken w/ Rice Stir Fry Vegetables Wheat Bread Fresh Fruit</p>
<p>21 <b>CLOSED</b> <b>MARTIN LUTHER KING JR DAY</b></p>	<p>22 Cottage Cheese w/ Fruit Italian Sausage &amp; Peppers/Onions on a Hoagie Roll Oven Brown Potatoes Jell-O</p>	<p>23 Red Beets &amp; Onions Lemon Chicken Brown Rice Zucchini &amp; Tomatoes Wheat Bread Mandarin Oranges</p>	<p>24 Beef Barley Soup Stuffed Shells w/ Tomato Sauce Broccoli Medley Italian Bread Fresh Fruit</p>	<p>25 Cole Slaw Chili Con Carne Mexicali Corn Rice 2" Cornbread Granola Bar</p>
<p>28 Orange Juice BBQ Chicken Brown Rice Corn Dinner Roll Chocolate Cake</p>	<p>29 Pear Waldorf Salad Veggie Nuggets Potatoes O'Brien Confetti Corn Wheat Bread Ice Cream</p>	<p>30 Cranberry Juice Rotini &amp; Meatballs w/ Tomato Sauce Italian Green Beans Italian Bread Peaches</p>	<p>31 Lentil Soup Grilled Chicken Breast w/ Mushroom Sauce Penny Carrots Potatoes O'Brien</p>	<p><b>Every Thursday &amp; Friday are Salad Days!</b></p>

# EVENTS and PROGRAMS

## ***GO DIRECT — by March 1, 2013!!!***

March 1, 2013 is the deadline for electronic payments for all federal benefits. If you receive a paper check for federal benefits, including Social Security, Supplemental Security Income (SSI), Veterans Affairs, Railroad Retirement Board or Office of Personnel Management benefits, you have until March 1, 2013 to sign up to have your check directly deposited to your bank account. People who do not choose an electronic payment option by March 1, 2013 will receive their payments via the Direct Express® debit card. However, anyone born before March 1, 1921 and still getting a paper check as of February 28, 2013 may choose to continue getting paper checks. You can switch to electronic payments online at [www.GoDirect.org](http://www.GoDirect.org), or you can call toll-free at 1-800-333-1795. If you do not want direct deposit, you may sign up for the Direct Express debit card by calling toll-free, 1-877-212-9991 or visiting [www.USDirectExpress.com](http://www.USDirectExpress.com).

Have the following information on hand when you call:

- Social Security number or claim number
- 12-digit federal benefit check number
- amount of most recent federal benefit check

If signing up for direct deposit to an existing financial institution account, you will also need:

- Financial institution's routing transit number — often available on a personal check;
- Account number and type (checking or saving).

## **GRANTS AVAILABLE FROM USDA**

The U.S. Dept. of Agriculture has a limited amount of grant funds available to make necessary repairs to homes for those who qualify. You must be 62 or older, own you home and land, and the repairs must be necessary because of health and/or safety hazards or to make your home accessible to household members with disabilities. Maximum income to qualify in Pike County:

Total in Household:	1	2	3	4	5
Maximum Income:	\$23,850	\$27,250	\$30,650	\$34,100	36,800

**Contact USDA Lehigh Area Office by phone at 610-791-9810 or email: [rd.allentown@pa.usda.gov](mailto:rd.allentown@pa.usda.gov).**

### **CAREGIVER SUPPORT GROUPS**

There are a number of **Caregiver Support groups** that meet in our area:

Julia Ribaudo meets at 6:30pm on the 2<sup>nd</sup> Thursday of the month at their center. For info call: 698-5647

Honesdale senior center meets the 2<sup>nd</sup> Wednesday of the month at their center. For info, call: 253-6242.

Beck n Call is starting one in Bushkill on the 2<sup>nd</sup> or last Friday of the month. Call Cherie for details: 570-828-8494

### **VETERANS ASSISTANCE**

A representative from Veteran's Affairs will be at the Wallenpaupack Visitors Center every 1<sup>st</sup> Tuesday of the month 9am to 3pm to assist with veteran's issues.

He will also be at the Blooming Grove Senior Center every 3<sup>rd</sup> Tuesday of the month at 9am depending on need.

Walk-ins are welcome!

There is also low cost RX help for Veterans. Either go online at: [www.VA.gov](http://www.VA.gov), or call to register with the VA system: 1-800-409-8771 extension 6000.

## **PUBLIC MEETING NOTICE**

**Changes are coming to Medical Assistance for consumers enrolled in the ACCESS Plus effective 3/1/13, when ACCESS Plus & United HealthCare Community Plan will no longer operate in Bradford, Carbon, Centre, Clinton, Juniata, Lackawanna, Luzerne, Lycoming, Mifflin, Montour, Northumberland, Pike, Schuylkill, Snyder, Sullivan, Susquehanna, Tioga, Union, Wayne, & Wyoming Counties. ACCESS Plus & United HealthCare Community Plan consumers must choose a HealthChoices Plan by February 7, 2013. The Dept. Of Public Welfare & the PA Enrollment Svcs. Will be holding two public meetings to help consumers learn about these changes. Dates: Friday 1/11/13 from 1—3 pm at Monsignor Fleming Parish Center, 720 W. Fourth St., Williamsport, PA 11701 and Friday 1/14/13 from 1– 3 pm at the Scranton State Office Building, 100 Lackawanna Ave., Lower level, Room B3, Scranton, PA 18503. you can get more information at the following website: [www.enrollnow.net](http://www.enrollnow.net)**

# EVENTS and PROGRAMS



## LITTLE BIG BAND LUNCHEON AT LACKAWAXEN



Save the date! We are having an afternoon Luncheon featuring Little Big Band at the Lackawaxen Center on **Monday, February 11th!** The band consists of three horns and rhythm, led by Bruce Dedrick, singer, guitarist and trombonist. You won't want to miss the variety of music, including swing music of the 30s and 40s, Doo Wop and rock & roll from the 50s. They even throw in some Pop, Disco, and other great music for your listening and dancing pleasure. Look for details in our February newsletter. Reservations required. Call Lana: 570-775-5550.

### January Savvy Caregiver Support

Mary Stanley from Newton Medical Center/ Atlantic Health System, in collaboration with the Pike County Area Agency on Aging and St. Ann's Church in Shohola, are beginning a four part series for caregivers called: "The Savvy Caregiver ". The next meeting will be on January 10th from 10 to Noon in the St. Ann's Church Parish Center, located next to the tennis courts. If you would like to attend or have questions you may contact Mary Stanley: 570-409-8484 x 501 OR [mary.stanley@atlantichhealth.org](mailto:mary.stanley@atlantichhealth.org) . We hope to see you there!

### January is **NATIONAL BATH SAFETY MONTH!**

Here are some *not-so-common* bathroom safety tips:

- \*Install raised-height toilets to lessen the chance of a harsh fall. (They can be installed on existing toilets.)
- \*Get a medical alert system with an extra waterproof medical alert button to keep with you in the bathroom at all times.
- \*To prevent burns set hot water heaters at, or below, a temperature of 120<sup>0</sup> F. Install anti-scald faucets for additional safety.
- \*To help prevent overheating, keep a window ajar or use an exhaust fan.
- \*If you don't already have them, install ground-fault circuit interrupters on all electrical outlets near water sources.

Do you know of anyone who is 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

**SMALL JOBS CREW IS AN ACT OF KINDNESS**



### MARTIN LUTHER KING JR. DAY

January 21 is the National day of celebration of Martin Luther King, Jr. Born on January 15, 1929, King was an American champion of peace.. He was a clergyman and a social activist. On Oct. 14, 1964 King won the Nobel Peace Prize for advocating peace through non-violence.

Source: Wikipedia

### Winter Shoveling tips for Seniors:

- \* Dress warmly & in layers, with a hat & gloves.
- \* To avoid slipping, wear non-skid boots.
- \* Before starting, limber up with light warm-up exercises.
- \* Push the snow, rather than lift. If you must lift, pick up small amounts & lift with your legs—not your back.
- \* Take frequent breaks. If you become dizzy or numb, stop immediately & go inside. Call 911 if you experience chest pain or other heart attack symptoms.



Tax Preparation assistance is coming in February. Check the February Newsletter for details

**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**

#### **SeniorLaw 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 \$3 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 8am to 3pm**

**Lackawaxen/Shohola Township Center, Lackawaxen Fire Dept., Beisel Beck Rd. & Rte. 590, Lackawaxen, PA 18435. Monday & Wednesday- 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 \* Richard Siss \* 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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