



Pike County Area Agency on Aging



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Entrees at a Glance

- 03/01 Lemon Pepper Fish, Mac & cheese
- 03/04 Lemon Chicken, Oven Potatoes
- 03/05 Sweet Sour Chicken w/ Rice
- 03/06 Corned Beef & Cabbage
- 03/07 Salisbury Steak, Mashed Potatoes
- 03/08 Veggie Nuggets, Potatoes O'Brien
- 03/11 Beef Stroganoff w/ Rotini pasta
- 03/12 Veal Cacciatore w/ Rice
- 03/13 Chicken Cordon Bleu, Rice pilaf
- 03/14 Ham & Cabbage, Boiled potatoes
- 03/15 Alaskan Pollock, Rice Pilaf
- 03/18 Ital Sausage & Peppers on hoagie
- 03/19 Chili Con Carne w/ Rice
- 03/20 Roast Turkey, stuffing, mashed pot
- 03/21 Meatloaf & gravy with mashed pot
- 03/22 Stuffed Shells in tomato sauce
- 03/25 Swedish Meatballs, Rotini pasta
- 03/26 Rotini & Meatballs in tomato sauce
- 03/27 BBQ Chicken, Oven brown Potatoes
- 03/28 Stuffed Cabbage, Mashed Potatoes
- 03/29—CLOSED—GOOD FRIDAY

SALAD BAR—Thurs. & Fri.



AARP TAX—AIDE FREE TAX HELP

AARP Tax preparers will be back with tax assistance for Tax-payers with low to middle income, with special attention to those age 60 or older.

They will be here at the Blooming Grove Senior Center, Tuesdays, Wednesdays, & Thursdays until April 11, 2013, & the Matamoras township building on Tuesdays until April 9, 2013

Business preparation is by CEZ form ONLY.

All tax assistance is by appointment only.

Please take note of what to bring when you come in:

- *Copy of last year's income tax return
- *W-2 forms for each employer
- *SSA-1099 form if paid Social Security
- *All 1099 forms (1099-INT, 1099- DIV, 1099-B, etc.)
- *1099—MISC showing any miscellaneous income
- *1099-R form if you receive a pension or an annuity
- *All forms indicating federal income tax paid
- *Bank documentation relevant to mortgage debt forgiveness
- *Dependent care provider information (name, employer ID / Social Security #)
- *All receipts or cancelled checks if itemizing deductions
- *Social Security cards or other documentation for yourself & all dependents
- *All paid property tax bills

PLEASE CALL FOR APPOINTMENTS: 570-775-5550

APRIL DRIVER SAFETY COURSE



AARP once again is offering their driver safety courses. April 17th at 1:30 for the 4 hour refresher course, and May 22 and 23rd at 1:30 pm 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

Beware the Ides of March,

A very unpredictable month it is.

Weather included! But as we all know, it really bares no resemblance to what we see in July/August does it? Do we remember what was said in February for that matter? I think it is sketchy at best. In any event our Lottery “deal” is still a Big Deal in Harrisburg to the powers that be. Stay tuned to see what may or may not present itself as our budget dollars come July 2013.

We are facing a very trying time for services and making ends meet. I thank all of you who have donated to the Nutrition program, it definitely helps stretch the services to those who truly need it. Our waiting list for other services is still, unfortunately very much a reality. We have many other programs that may help you or your loved one cover expenses whether it be fuel, taxes, or prescription drug benefits. Please call and speak to someone who can help. 1-800-233-8911. Maybe it can free up some funds to cover the costs of a home health aide, or companion which is sooooo important to have.

Our Tax prep volunteers have been plugging away with dozens of clients. Call soon for an appointment near you, tax day hasn't changed: April 15th, 2013!

Have you heard about Fun Bucks? It is a great activity for active people to “earn for burning.” Ask a senior center manager or Lana for details. Prizes will be coming soon.

We are looking for volunteers of the music persuasion to assist in entertaining and or therapy session for our congregate diners. Music soothes the _____:).

Staff is traveling a bit this time of year brushing up on everything from Ombudsman protocol, Protective Services, and Supports coordination and Apprise insurance updates. See what we have learned and can share with you, give us a call.

A fond farewell is going out to Richard Siss who after 2 years is calling it quits on the Agency Advisory Council. He has been a consummate advocate and supporter of the Aging services here and statewide. He served for three terms as chairperson and also served on the state planning committee. He will continue to participate in our activities, but at a more leisurely schedule. Thanks for all you do Richard!

Eleanor Roosevelt said:

Remember always that you have not only the right to be an individual; you have an obligation to be one. You cannot make any useful contribution in life unless you do this.



FEELING A BIT STRESSED?



Speaker Mary Stanley from Newton Memorial / Atlantic Health will be here at the Blooming Grove Center as well as the Delaware Township and Lackawaxen Centers on the dates below to discuss “Managing Your Stress” and will be doing stress screenings. All are welcome to attend.

See Center dates and times for one that is convenient for you.

March 13th and March 21st — The Blooming Grove Center at 12 noon

March 20th—The Lackawaxen Center at 12 noon

March 27th— The Delaware Township Center at noon

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



The LINK to Aging & Disability Resources sponsored a Veterans Service Cross Training on 2/14/13. The Local Veterans Affairs, Veterans Center in Scranton, PA and the Veterans Hospital in Wilkes Barre, PA all reached out to the Community to notify them what services they provide to Veterans & their families. Below is the list of their services and contact numbers.

THE OFFICE OF VETERANS AFFAIRS is dedicated to serve our veteran population in Pike County by assisting Veterans and their family members with issues concerning Federal, State and County benefits that may be available to them. A representative will help with the processing of those benefits along with VA compensation, pension claims, medical and educational benefits, and counseling services. All services are free. You can reach your local representative Pierce J. Bunce at: 570-296-3563 or through the website: www.vetaffairs@pikepa.org.

VETERANS CENTERS PROVIDE: Readjustment counseling. Veterans who serve in war zones or conflicts from WWII up to the present can receive free counseling for themselves or family members from 8:30 am to 12:30 pm on the first and third Fridays and 8:30 am to 4:30 pm on the second and fourth Fridays of the month. For further information call (570) 344-2676

VETERANS CENTER OUTREACH: Coordinator Gretchen Bentler:
www.Gretchen.Bentler@va.gov

VETERANS MEDICAL Center: 1111 East End Blvd., Wilkes-Barre, PA 18711. Business hours are Monday through Friday, 8:00 am to 4:30 pm. Phone: (570) 824-3521; Toll Free: 877-928-2621. Visit: www.wilkes-barre.va.gov/ or the resources website: www.va.gov

SUICIDE PREVENTION PROGRAM: Operation S.A.V.E. can help **you** save a life! Contact Adalberto Morales, Sr., LSW (Licensed Social Worker) at: (570) 830-7033. Or call the **VETERANS CRISIS HOTLINE:** 800-273-8255 (press 1). You can have a confidential chat at www.VeteransCrisisline.net, and you can also text to 838255

If you would like more information for Veterans, please do not hesitate to call or email Janice Boyd at the contact information below.

The Link Coordinator thanks all Veterans that reached out to the community to provide Pike County with Resources.

Janice Boyd— email: jboyd@pikepa.org or call 570-775-5550 x 1312 Pike County LINK Coordinator



MARCH IS NATIONAL NUTRITION MONTH!

This year's theme is 'Eat Right Your Way Every Day,' which encourages everyone to return to the basics of healthy eating, with the emphasis on developing a healthy eating plan with individual choices and preferences. Please join Michele Sutera, DTR as she will be discussing topics such as the importance of a healthy diet. To try to include foods that you enjoy within a healthy eating pattern including moderation, portion size and physical activity.

Where: and When: Blooming Grove Center, March 12th at 11:00 am
Delaware Township, March 12th at 1:00 pm

DRUG FACTS—DID YOU KNOW?

Pharmacists are available to answer all your questions regarding drug issues or interactions.

- ◆ People taking blood-thinners such as Coumadin, need not totally avoid those healthy green, leafy vegetables; however, they need to be consistent with their consumption to keep vitamin K levels consistent. Pharmacist Rory P. Garland states that "You can't have three huge salads one day and none the next." "But a small salad with dinner every night is OK."
- ◆ Synthroid needs to be taken completely by itself. Taking it with food or other medications can impact its therapeutic level.
- ◆ If someone has been prescribed Flagyl or Metronidazole, to treat a bacterial infection, you must discuss this with your Pharmacist. Garland states he will go face to face and tell them "I don't know if you drink or not, but absolutely NO alcohol with this medication," this is due to the severe nausea and vomiting that will result. "I don't suggest drinking alcohol while taking any antibiotics."
- ◆ The effectiveness of some antibiotics is impacted by calcium and magnesium, so don't take the antibiotic with milk, and if you take antacids, separate the antibiotic and antacid by an hour or two.
- ◆ If you take an over the counter acidophilus to replace the natural flora in the intestinal tract, discuss this with your pharmacist when you are prescribed an antibiotic, as the antibiotics reduce those flora levels.
- ◆ When it is suggested that your medication be taken with a full glass of water, it is to ensure that the medication goes all the way down. When it is suggested that your medication be taken with food, it is to prevent an upset stomach.

Article condensed from Times Herald Record.

Laughter is good medicine for reducing stress, and enhancing brain chemistry

Laughter operates on at least three different levels. They are the biophysical, the biochemical, and the bioenergetic levels. Laughter moves lymph and oxygenates your organs. At the biophysical level, laughter moves lymph fluid around your body simply by the convulsions you experience during the process of laughing, so it boosts your immune functions and helps to clear out old, dead waste products from organs and tissues. Secondly, laughter increases oxygenation of your body at both the cellular and organ level. By laughing you intake vast amounts of oxygen in huge gulps, in a sort of hyperventilation sessions. Oxygen is one of the primary catalysts for biological energy. When we breathe in oxygen, we exhale carbon dioxide. Oxygen is an element of intracellular energy necessary to sustain life. It is also noted that cancer cells are destroyed in the presence of oxygen, and in fact, many parasites and bacteria don't survive well in the presence of oxygen.

Article condensed from www.naturalnews.com

MARCH 2013 Delaware Twp. Center 9am — 3pm

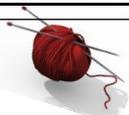
Monday	Tuesday	Wednesday	Thursday	Friday
Fridays! @ the Township Meet your legislators 				1 Bingo, Cards, Games Kathleen @ 9am 
4 Closed Medical Transport	5 Games & Cards	6 St. Patricks Day Party 	7 CLOSED Shopping 	8 Glucose / BP 11 Yoga w/ Meredith 11 
11 Closed Medical Transport	12 Games & Cards Blood Pressure Speaker—Eat right	13 Bingo Games Cards	14 CLOSED Shopping 	15 Bingo, Cards Games 
18 Closed Medical Transport	19 Games & Cards	20 Bingo, Games & Cards 	21 CLOSED Shopping 	22 Bingo, Cards Games Yoga w/ Meredith 11  
25 Closed Medical Transport	26 Games & Cards	27 Bingo, Games Cards Stress Speaker @ 12 Yoga w/ Meredith 11	28 CLOSED Shopping 	29 CLOSED—Good Friday 

MARCH 2013 Lackawaxen / Shohola Township 9am—2pm

EVERY MONDAY	EVERY WEDNESDAY	EVERY THURSDAY
Medical Transport Cards & Games Exercise @ 11:15 Lunch Blood Pressure every 1st Monday  	Exercise @ 12:30 Cards & Games Lunch March 6—St. Patrick's day luncheon March 20th Stress Speaker @ 12 noon 	Cards & Games Lunch 

Want to Learn to Knit or play Mahjong?

We presently no longer have knitting on Wednesdays. However, If you would like instructions 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



To Our Lackawaxen Volunteers

Thanks to the wonderful and dedicated volunteers at the Lackawaxen Senior Center, and Lana on the "Big Band Day," held on February 11th, 2013 who made it such a success. The day started out chilly and rainy but those who attended enjoyed the music and food. The success of the day would not have been possible without the volunteers. You are truly a wonderful group of people.~Lea



Blooming Grove Activities

MARCH 2013



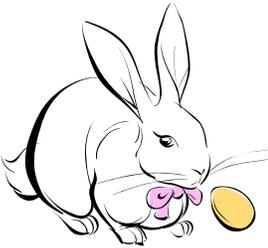
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Computer Lessons will resume in the Spring. A date will follow shortly.</p> 		<p>Daylight Savings Time begins on March 10th. Set clocks <u>ahead</u> one hour</p> 		<p>1 Arts & Crafts Cards</p>
<p>4 Medical Transport Hemlock Ladies</p>	<p>5 BIGGER SHOPPING Arts & Crafts Line Dancing 10:00 Choral Group</p> 	<p>6 Cards & Bingo Dominoes & Rummikube St Patrick's day Party</p> 	<p>7 BIGGER SHOPPING Blood Pressure Arts & Crafts Bingo Wii bowling practice</p> 	<p>8 Arts & Crafts Cards</p>
<p>11 Medical Transport Monday's Alzheimer Support 1:30pm Advisory Board 12:30</p>	<p>12 Arts & Crafts Line Dancing 10:00 Choral Group Nutrition speaker @ 11</p>	<p>13 BIGGER SHOPPING Cards & Bingo Dominoes & Rummikube Yoga w/ Lori Stress Speaker / screening 12 noon</p> 	<p>14 St Patrick's Day Themed Luncheon</p> 	<p>15 Arts & Crafts Cards</p>
<p>18 Medical Transport</p>	<p>19 Veterans Rep 9:00 Arts & Crafts Exercise w/Lana Line Dancing 10:00 Choral Group Wii bowling practice</p>	<p>20 Spring Begins!! Blood Pressure Cards & Bingo Grief Support 10:30 Dominoes & Rummikube Yoga w/ Lori</p> 	<p>21 Exercise w/Lana Arts & Crafts Bingo Wii bowling practice Stress Speaker / screening 12 noon</p>	<p>22 Arts & Crafts Cards</p>
<p>25 Medical Transport Passover Begins at Sundown</p> 	<p>26 Arts & Crafts Exercise w/Lana Line Dancing 10:00 Choral Group</p>	<p>27 Cards & Bingo Dominoes & Rummikube Yoga w/ Lori</p> 	<p>28 Arts & Crafts Bingo Wii bowling practice</p>	<p>29 CLOSED GOOD FRIDAY</p> 

Seniors Are Our First Priority

MARCH LUNCH Menu

Salad Bar Days



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Every Thursday & Friday are Salad Days!</p> 				<p>1</p> <p>Minestrone Soup Lemon/Pepper Fish Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Fruit Jell-O</p> 
<p>4</p> <p>Orzo Salad Lemon Chicken Oven Brown Potatoes Zucchini & Tomatoes Wheat Bread Fruit Cocktail</p>	<p>5</p> <p>Orange Juice Sweet & Sour Chicken w/ Rice Stir Fry Vegetables Rye Bread Chocolate Cake</p>	<p>6</p> <p>Red Beets/Onions Corned Beef & Cabbage Potatoes Carrots Rye Bread Ambrosia</p>	<p>7</p> <p>Lentil Soup Salisbury Steak Gravy Mashed Potatoes Peas Wheat Bread Fresh Fruit</p> 	<p>8</p> <p>Broccoli/Chickpeas Veggie Nuggets Potatoes O'Brien Peas and Carrots Dinner Roll Vanilla Pudding</p> 
<p>11</p> <p>Three Bean Salad Beef Stroganoff over Rotini Brussels Sprouts Whole Wheat Bread Pears</p>	<p>12</p> <p>Waldorf Salad Veal Cacciatore Steamed Rice Succotash Wheat Bread Fruited Jell-O</p>	<p>13</p> <p>Tossed Salad Chicken Cordon Bleu w/ Gravy Rice Pilaf Mixed Vegetables Wheat Bread Peaches</p>	<p>14</p> <p>Corn Chowder Ham & Cabbage Boiled Potatoes Irish Vegetable Medley Rye Bread Lime Jell-O</p> 	<p>15</p> <p>Pasta Salad Alaskan Pollock Rice Pilaf Spinach Wheat Bread Mandarin Oranges</p> 
<p>18</p> <p>Cottage Cheese w/Fruit Italian Sausage Peppers & Onions Hoagie Roll O'Brien Potatoes Oatmeal Cookies</p>	<p>19</p> <p>Cucumber Salad Chili Con Carne Rice Mexicali-Corn Cornbread Granola Bar</p>	<p>20</p> <p>Cranberry Juice Roast Turkey & Gravy with Stuffing Mashed Potatoes Peas & Onions ice cream</p>	<p>21</p> <p>Tomato Orzo Soup Meatloaf & Gravy Mashed Potatoes Spinach Rye Bread fresh fruit</p> 	<p>22</p> <p>Grape Juice Stuffed Shells In Tomato Sauce Broccoli Medley Italian Bread Chocolate Pudding</p> 
<p>25</p> <p>Tossed Salad Swedish Meatballs Rotini Pasta String Beans Wheat Bread Pineapple</p>	<p>26</p> <p>Carrot Raisin Salad Rotini & Meat Balls with Tomato Sauce Italian Green Beans Italian Bread banana cake</p>	<p>27</p> <p>Grape Juice BBQ Chicken Oven Brown Potatoes California Medley Dinner Roll Oatmeal Fruit Crisp</p>	<p>28</p> <p>Beef Barley Soup Stuffed Cabbage Corn Mashed Potatoes Rye Bread Apple Sauce</p> 	<p>29</p> <p>CLOSED GOOD FRIDAY</p> 

EVENTS and PROGRAMS

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.

CAREGIVER SUPPORT GROUPS

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

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

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

Beck n Call is starting one in Bushkill on the 2nd 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 1st Tuesday of the month 9am to 3pm to assist with veteran's issues. He will also be at the Blooming Grove Senior Center every 3rd 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, or call to register with the VA system: 1-800-409-8771 extension 6000.

St Patrick's Day Luncheon



Won't you join us for the
Wearin' O' The Green?
We will be having a St. Patrick's
Day Luncheon at all three
Centers on Tuesday March
6th. Then, There will be a
second Themed Luncheon at the

Blooming Grove Center on March 14th at the featuring
great food & entertainment. Call for your reservation:

570-775-5550

The Little Big Band Comes to Lackawaxen



A great day was had by all as they dined & danced to the music of the Little Big Band at the Lackawaxen Senior Center. Pictured are: Bruce Dedrick: leader/guitar/trombone, Jamie German on trumpet, Roger Ericson on sax, Barbara Little on vocals, Bob Wison on upright bass, Joe Guerra on guitar, Matty Rock on keyboard/guitar & Chet Varner on drums.

\$5

PIKE COUNTY AREA ON AGING NEWSLETTER PRICE CHANGE

Due to the rising costs of materials and postage over the years, we are forced to raise the price of our newsletter subscription to \$5.00 per year. Please take note of this change.

\$5

\$5

\$5



Are you having trouble paying for your heating oil this winter?

Citizen's Energy has a heat program for the 2012-2013 season. Please call: 1-877-JOE-4-OIL, or 1-877-563-4645 to receive an application. Please note that they are experiencing a high volume of calls. Call center hours are Monday—Friday 9am to 5pm Eastern Standard Time.

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: Heath 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

STEEL CUT OATS



In honor of St. Patrick's Day, we'd like to highlight steel-cut oatmeal for March. Steel-cut oats are considered healthier than rolled oats, because they are a bit lower in calories & have a lower glycemic index. Otherwise, they are identical to rolled oats in protein, total carbs, fat, calcium, and iron. (The choice to avoid is instant oatmeal, which does not have the same nutritional values.) Here are some reasons to enjoy steel-cut or rolled oats.

The water-soluble fiber in oatmeal keeps you feeling full longer and keeps your insulin levels steady, which helps you avoid cravings and curb your appetite, and may help reduce the risk of type 2 diabetes. The fiber in oats also helps reduce LDL and total cholesterol which helps fight heart disease.

1/2 cup serving of either steel-cut or rolled oats provide* 5 grams (g) of protein, 27g of carbs, 2.5g total fats, 4g fiber, 2 mg sodium, 10% Recommended Daily Values (RDV) of Iron. 26% RDV of Thiamin, 21% RDV of Magnesium, and 25% RDV of Selenium. Steel-cut oats have 140 calories and .5 g saturated fat, rolled oats have 160 calories and 1 g sugars. (* approximate values, vary by brand)

Use oats instead of adding bread or cracker crumbs to your meatloaf, meatballs, or stuffed mushrooms! Thicken soups and stews with steel-cut oats! Replace some of the flour in your recipes, with oats. Up to one-third of the flour in breads, cakes, pancakes, or muffin recipes can be replaced with oats (or oat flour)! Uncooked oatmeal can be added to yogurt, salads, sandwiches, soups, cold cereal, and trail mix! Each 1/8 cup of oats you stir in adds a gram of fiber!

Chewy No Bake Granola Bars

- 1 cup rolled oats
- 1 cup steel-cut oats
- 1 cup crispy rice cereal
- 1/2 cup chopped mixed dried fruit
- 1/2 cup chopped almonds
- 1/4 cup butter
- 1/2 cup brown sugar
- 1/4 cup honey
- 2 teaspoons vanilla extract
- 1/2 cup mini chocolate chips



- Grease a 9x13-inch baking dish.
- Mix rolled oats, steel-cut oats, rice cereal, dried fruit, and almonds together in a large bowl.
- Melt butter in a saucepan over medium heat; add brown sugar, honey, and vanilla extract. Whisk until sugar is completely dissolved, about 2 minutes.
- Pour over oat mixture; stir to combine.
- Spread oat mixture into prepared baking dish.
- Press chocolate chips into top.
- Refrigerate until chilled, about 1 hour. Makes 2 dozen.

Sources: prevention.com, ars.usda.gov, webmd.com, lifescript.com, allrecipes.com

MARK YOUR CALENDAR—UPCOMING DATES

- March 14th St Patrick's day theme Luncheon—BG
- May 10th Volunteer Luncheon
- July 18th Thayer Hotel West Point, NY (tentative)
- July 24th Laugh in Party—Delaware (tentative)
- July 25th Laugh in Party—Blooming Grove (tentative)
- August 22nd 50's Sockk Hop—LAX (tentative)

Since some of the dates are tentative, check newsletters in the months ahead for more details.

\$ FUN BUCKS IS BACK \$

We will be running another Fun Bucks contest from March 4th to April 12th. Fun Bucks are wellness points for participating in physical activities at our centers. The more physical you get, the more Fun Bucks you get. The winner with the most fun bucks after six weeks can win a gift certificate to the Boat House restaurant. Your site manager must see you participating in the activity. The best gift is a healthier YOU. The winner of the February 1st—March 8th contest will be announced shortly

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 2012 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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