



Monroe County Seniors' Express Times

Monroe County PA Area Agency on Aging
724 Phillips St Suite 102 Stroudsburg PA 18360

Volume 16 Issue 4



April 2024

We will be closed for
Memorial Day May 27

Commandments for Seniors

- *Talk to yourself. There are times you need expert advice.
- *"In Style" are the clothes that still fit.
- *You don't need anger management. You need people to stop ticking you off.
- *Your people skills are just fine. It's your tolerance for idiots that needs work.
- *The biggest lie you tell yourself is, "I don't need to write that down. I'll remember it."
- *"On Time" is when you get there.
- *Even duct tape can't fix stupid, but it sure does muffle the sound.
- *It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller.
- *Lately, you've noticed people your age are so much older than you.
- *Growing old should have taken longer
- *Aging has slowed you down, but it hasn't shut you up.
- *You still haven't learned to act your age, and hope you never will
- *One for the road" means peeing before you leave the house!



A Word From The Editor *Merle Turitz*

Each year The PA Department of Agriculture sponsors the Farmer Market Coupon program enabling millions of PA low-income eligible seniors (aged 60+) to enjoy a full range of fresh seasonal veggies from local PA Farmers during June 1 through November 30. It's a wonderful program and last year Governor Shapiro raised the amount given to each senior from \$24 in 2022 to \$50 in 2023. Each senior is given five \$10 checks, a couple gets a total of \$100. Yes, you read that right!! \$100 a couple.

This year again, Governor Shapiro is keeping it at the higher dollar level. The actual income eligibility hasn't been published as of this newsletter yet, but assuming it is the same it will be just under \$27,000 for an individual and just under \$36,500 for a couple. Self-Declaring applications will (fingers crossed) appear in next month's issue of the newsletter).

So last year Monroe County distributed coupons to a record-breaking 1750 individuals. However, I was saddened to see that only 1160 consumers actually cashed their checks. That meant that roughly 67% of the 1750 seniors used their \$50 coupons, leaving (someone check my math....) almost \$30,000 in unused vouchers stuck in a purse or just thrown away. Why is that? Who could just throw away an opportunity to get \$50 worth of farm-fresh food?

Along with the coupon vouchers, each senior was provided a complete list of more than 16 local farmer markets throughout Monroe. In addition, vouchers were accepted all over Pennsylvania, at locally approved Farmer Markets in the state. Convenient to use, delicious organic veggies and all you have to do is sign that you are eligible. Easy Pea-sy!!

This year I am ordering the same amount of coupons again, because I believe in this program. I just need a better understanding why people didn't use their vouchers last year. If you ordered vouchers last year but didn't use them, please let me know why. Give me a call at 570-420-3726 or email me at mturitz@monroecountypa.gov Please tell me how we can make this program more efficient so more of you can take advantage of it.

I'd like to see 100% redeemed, but I'll be happy with 75%! Tell me how I can make that happen!! Thank you! To your health!!

THE MONROE COUNTY SENIORS' EXPRESS TIMES is published monthly by Support Services for Seniors with contributions from the MC Area Agency on Aging, funded in part by a grant from the PA Department of Aging. **Support Services for Seniors (SSS)** is a 501c3 charitable organization, governed by an all volunteer Board of Directors, whose vision is a community where every older adult has an opportunity to pursue a life of independence, safety and good health. Their mission is to promote the physical, mental, social and emotional well being of older adults by providing funding for services that empower older adults to attain or maintain independence and self care. SSS works closely with the MC Area Agency on Aging to: Investigate and identify long range needs of older adults in Monroe, develop outreach activities that inform older adults of available services, benefits and opportunities, fund the distribution of the "Seniors' Express Times", provide funding for home repairs to low income seniors and raise funds to support the objectives of the organization.

SSS Board Members: Lori Ruiz - President, Patricia Fretz - Vice President, Loretta Winslett - Treasurer, Kathleen Manchec - Secretary, Mary Louise Parker, Amy Rosen and Kate Koehler.

All comments, requests or articles for submission should be addressed to Support Services for Seniors, Seniors' Express Times, Editor, 724 Phillips Street, Suite 102, Stroudsburg, PA 18360

IF YOU WOULD LIKE AN EMAILED VERSION OF THE NEWSLETTER, OR NO LONGER NEED ONE MAILED TO YOU, OR KNOW SOMEONE WHO WOULD ENJOY A COPY, PLEASE CALL 570-420-3735



The Monroe County Area Agency on Aging

724 Phillips Street, Suite 102, Stroudsburg, PA 18360

Hours: 8:00 AM to 4:30 PM, Monday-Friday, On-call 24 hours a day.

MCAAA provides a variety of services to Monroe County residents age 60 and older.

Services include: Information & Referral, Limited Medical Transport, Senior Centers, Pre-Admission Screening, Legal referrals through North Penn Legal, Ombudsman Service, PA MEDI, Health & Wellness, Home Delivered Meals, Protective Services, Personal Care, PA Caregiver Support Program, Friendly Visitor, AmeriCorps Seniors Retired and Senior Volunteer Program (RSVP).

**For more information call (570) 420-3735
or toll-free 1-800-490-8505.**

WISH LIST DONATIONS ACCEPTED AT ALL SENIOR CENTERS:

* Art & Craft supplies * Felt or Quilting Material * Clothes Pins & Golf Tees * Garden Supplies * Yarn, Ribbon, Beads, Buttons * Glue Gun & Sticks * Knitting Looms, Needles, Crochet Hooks * Scissors * Construction Paper & Clear Contact * Straws, Popsicle Sticks * Mason Jars * Tie-Dye Supplies * New Tube Socks * Poly-Fil Stuffing * Acrylic Paints, Brushes & Blank Canvas * Carbon Paper * Cricut * Adult Coloring Books * Toiletries * Paperware & Party Goods * Holiday Decorations*

Thank you to those who have dropped off donations anonymously!

SEEKING NEWSLETTER CONTRIBUTORS
Short Stories? Poems? Memories? Opinions?

Call Merle 570-420-3726

How to Spot an Imposter Social Security Social Media Account

February 29, 2024 • By [Dawn Bystry, Associate Commissioner, Office of Strategic and Digital Communications](#)

Do you know how to spot fake Social Security social media accounts? The tips below will help you protect yourself and your family. accounts: Fraudsters create imposter social media pages and accounts using Social Security-related images and jargon, making them appear as if they're associated with or endorsed by us. They also create imposter social media pages of Social Security and OIG officials, such as the Commissioner or the Inspector General.

Protect your personally identifiable information :We will *never* ask for sensitive information through social media as these channels are not secure. Sometimes, users are asked to enter their financial information, Social Security number (SSN), or other sensitive information. This is a red flag, and often an indication of a fraudulent account.

How to spot a fake social media account: Identifying an imposter account seems difficult at first, but there are a few things you can look for right away. You will want to focus on the following:

- **How many people follow the imposter page. In most cases, fake pages have a very low number of followers as compared to Social Security's official page.**
- **Improper punctuation.**
- **Links to pages not on SSA.gov.**
- **Advertisements for forms or other Social Security documents.**
- **Incorrect social media handle. To view the list of our official social media channels, we encourage you to visit our [Social Media webpage](#).**

Please report suspected Social Security imposter scams – and other Social Security fraud – to the [OIG's website](#). You can find more information about scams on our webpage, [Protect Yourself from Scams](#). Please share this information with your friends, family, and colleagues to help spread awareness about Social Security imposter scams.



**TO REGISTER,
CALL THE
MONROE COUNTY
AREA AGENCY ON
AGING:

(570) 420-3735**

**MOUNTAIN
SENIOR CENTER
354 Memorial Blvd.
Tobyhanna, PA 18466**

9AM TO 1PM

APPOINTMENTS ARE REQUIRED!

APRIL 11, 2024

**PROPERTY TAX / RENT
REBATE EVENT**

**Do you need assistance with completing
the Pennsylvania Property Tax/Rent
Rebate Claim (PA-1000)?**

You will need to bring:

- Tax information/income statements, including all Social Security Statements (SSA, SSI, & SSP), if applicable
- Photo identification (driver's license, state-issued ID, etc.)
- Homeowners: receipted copies of all 2023 property taxes
- Renters: a completed PA Rent Certificate*
- Account & routing numbers (if requesting direct deposit)
- Decedents: a death certificate, receipted funeral bill (if filing as a personal representative with no estate probated), and a DEX-41 OR Short Certificate

*Rent Certificates must be completed prior to the appointment and signed by the landlord. If a landlord cannot or will not, complete the Landlord's Oath.



The maximum standard rebate has increased to \$1,000 (up from \$650) thanks to bipartisan legislation **Governor Shapiro** championed and signed into law last year, delivering on his promise to cut costs and deliver real relief for Pennsylvania seniors. The program's income limits have also been increased to \$45,000 and made equal for both homeowners and renters — the first time since 2006 that the income limits have been raised.

Governor Shapiro's expansion of the Property Tax/Rent Rebate program delivered the largest targeted tax cut for seniors in nearly two decades, expanding access to nearly 175,000 more Pennsylvanians and increasing the maximum rebate from \$650 to \$1000.

Property Tax / Rent Rebate 2024 Program Expansion

MORE people eligible, **MORE** money back!


Homeowner & Renter Income	Max Rebate
Up to \$8K	\$1,000
Up to \$15K	\$770
Up to \$18K	\$460
Up to \$45K	\$380



MIDDLE SMITHFIELD TOWNSHIP RESIDENTS

IF YOU ARE A VETERAN, OR WOULD LIKE TO HONOR/REMEMBER A MIDDLE SMITHFIELD TOWNSHIP VETERAN WITH A BANNER, PLEASE CONTACT JAMES BRECHBIEL: 570 / 223 - 8920 X 130 JBRECHBIEL@MSTOWNSHIP.COM

HOMETOWN HEROES
BANNER PROGRAM



Mental Health Drop-in Center

Join us for an opportunity to socialize with peers, enjoy lunch, play games, and more!

Located: Jacques Center (church basement)
Entrance rear side across from Citizens Bank


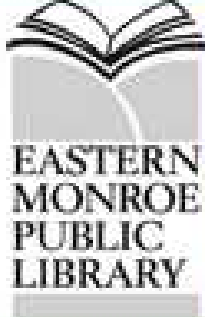
Every Monday from 9am - 2pm
Closed on Federal Holidays

Questions:
Contact church office at 570-421-9097 or Pat Ransel directly, at paransel@ptd.net

DRUM CIRCLE

Elevate your cognitive abilities, boost emotional well-being, and improve physical fitness through the rhythmic magic of drumming with community.

Location: Sherman Showcase Theatre
524 Main Street, Stroudsburg
Cost: \$10 (drum rental additional \$10)
Dates-1/13, 2/10, 3/9, 4/13, 5/11
Time: 12-2 PM (arrive 15 min early)
Register: <https://bit.ly/BookAndreaD>
Andrea (570) 664-0674
MCTA Free ride for 65+ call (570) 839-6282 x 434

BOOKMOBILE AT LODER CENTER EVERY OTHER THURS AT NOON

Habitat ReStore Opening Soon!

Monroe County Habitat for Humanity is opening a ReStore. A Habitat ReStore is a:

- home improvement store
- donation center
- place to buy new or gently used products at a discount

ReStore will be located in Marshalls Creek, in the Village Center Shopping Plaza. We will be building and rehabilitating houses in Monroe County with the proceeds from our ReStore. We hope you will join us at the grand opening!



Grand Opening Early 2024
Now Accepting Donations
Volunteer Opportunities

(570) 216-4390
habitatmc.com/restore

Help with Medicare Drug Costs



Starting in 2024
EXPANDED financial assistance to pay for drug costs

Apr 4, 18
May 2, 16, 30
Jun 13, 27
July 11, 25
Aug 8, 22
Sep 5, 19
Oct 3, 17
Nov 14, 28
Dec 12, 26

If your income for 2023 is below \$22,000 (\$30,000 for married couples), you may qualify for lower prescription drug costs. Many people qualify for "Extra Help" with Medicare Part D (drug coverage) and don't even know it. It could pay to find out: Get free, personalized, local assistance through PA MEDI. Call the Aging Office to schedule an appointment 570-420-3735.

LVHN Adult Volunteer Opportunities



Become a Volunteer
Join us as we provide the best possible care to the people who live and work in our community.

Volunteer Benefits

- Free meal from the cafeteria for each shift worked
- Gift Shop volunteers receive a 30% discount
- Make new friends and explore new careers
- Improve your wellness - some volunteers easily walk 10,000 steps in a three-hour shift

Complete an application at LVHN.org/Volunteer or call 610-969-2850.



DAMAGED LICENSE PLATE? REPLACE IT FOR FREE

THURSDAY, APRIL 18 | 4:30-6:30PM

WHERE: SCOTRUN DISTRICT OFFICE | 2398 ROUTE 611, SCOTRUN, PA 18355
WITH POCONO TOWNSHIP POLICE DEPARTMENT

Damaged plates have loss of reflectivity, peeling, blistering, or discoloration, and are unreadable from 50 feet away. **Stop by this event to have your license plate checked.** The police will determine if the plate needs replacement and help with appropriate paperwork. **There is no fee for this service.** Once submitted to PennDOT, the new replacement plate will arrive by mail to your home address.



SENATOR ROSEMARY BROWN

HARRISBURG OFFICE | Senate Box 203040 | Harrisburg, PA 17120 | Phone: 717-787-6123 | Fax: 717-772-3695
MONROE COUNTY OFFICE | 2398 Rt. 611, Ste. 201 | Scotrun, PA 18355 | Phone: 570-620-4326 | Fax: 570-620-4379
LACKAWANNA/WAYNE COUNTY OFFICE | 487 Cortez Road | Jefferson Township, PA 18436 | Phone: 570-213-5705 | Fax: 570-213-5706

RBROWN@PASEN.GOV | SENATORBROWN40.COM


IDENTITY THEFT SEMINAR

Thursday, April 4, 6 p.m.
Doors Open at 5:30 p.m.

Jackson Township Volunteer Fire Department
2176 Route 715
Reeders, PA 18352

RSVP is required by calling 570-643-7683 or 570-620-4341, or registering at **RepRader.com/events.**

Speaker
David Shaltcross, Director of Senior Protection from the Pennsylvania Office of Attorney General



www.RepRader.com | www.Facebook.com/RepRader



LANDLORD-TENANT EVICTION MEDIATION

A Free Service for Monroe County Landlords and Tenants

What is Mediation?

Mediation is a voluntary and confidential process that brings both sides together to resolve conflicts. The mediator does not make a decision, but rather helps both sides come to an agreement.

The mediation services offered by Pocono Mountains United Way can help. Call 570-261-8023 to reach a trained mediator.

How Does Mediation Work?

1. Landlord or tenant contact us for intake.
2. The mediator will contact both sides and, if they agree, schedule a mediation date that works for everyone.
3. The mediation can be scheduled either in person  or virtually.
4. Mediation will be conducted by a trained mediator who will listen to each side's concerns. The mediator will help to work out a solution that is agreed to by both landlord and tenant.
5. If a resolution is reached, the mediator will write up an agreement for both sides to sign as a commitment to their solution.


Helping Our Community Resolve Eviction Disputes

- Are you a tenant who lives in Monroe County? Are you worried about being evicted?
- Are you a landlord who rents property in Monroe County? Are you experiencing a landlord-tenant dispute regarding eviction?
- Do you want the help of a neutral third party in resolving this problem?
- Are you interested in exploring whether a free, relatively quick, and informal process would work for you?

Who Can Mediation Help?

Both landlord and tenant must agree to try mediation. Likewise, any solution requires both sides to agree; no decision is made for them. If no agreement is reached, both sides are free to pursue other remedies.

If you need help paying your heating bills, or have a heating emergency...



INCOME GUIDELINES 2023 - 2024 LIHEAP

Household Size	Maximum Annual Income
1	\$ 21,870
2	\$ 29,580
3	\$ 37,290
4	\$ 45,000
5	\$ 52,710
6	\$ 60,420
7	\$ 68,130
8	\$ 75,840
9	\$ 83,550
10	\$ 91,260

Each Additional Person Add \$ 7,710

What is LIHEAP?

The Low-Income Home Energy Assistance Program (LIHEAP) helps low-income families pay their heating bills. LIHEAP is a grant. You do not have to repay it.

To receive help...

- Apply between Nov. 1, 2023 and Apr. 5, 2024.
- You don't have to be on public assistance
- You don't need to have an unpaid heating bill
- You can either rent or own your home
- Apply online at: www.compass.state.pa.us
- Request an application by calling the Statewide LIHEAP Hotline at 1-866-857-7095 or call PA Relay at 711 for the hearing impaired.
- Applications are available at your local CAO

State Representative Maureen Madden

I'm here to help!

My team and I can help with:

- Property Tax/Rent Rebate
- Information about jobs, housing relief and utility assistance
- Prescription assistance for seniors
- Driver's License & Vehicle Registration



I'm ready to make state government work harder for you!

RepMadden@PAHouse.net
(570) 894-7905
RepMadden.com

The Mountain Center
354 Memorial Blvd, Room 4
Tobyhanna, PA 18466
@RepMadden

Representative Tarah Probst



District Office Services:

- Disability Outreach (1st Wednesday of every month 10am - 12pm) Offering services and resources regarding independent living.
- Birth/Death certificate applications.
- LIHEAP applications.
- Property Tax/Rent Rebate assistance.
- Unemployment Inquiries.
- Car registrations, special tags, titles and license applications.

Working for YOU!

I have also supported COLA, the cost-of-living adjustment, The PA House of Representatives voted to pass HB 1416, which would provide a COLA to pre-Act 9 retirees! The PA House did pass HB 1416 which would provide a COLA of between 15 and 25% to those who retired prior to July 1, 2001, but the PA Senate has failed to act on this bill! HB 1416 is currently sitting in the Senate State Government Committee. Please contact your Senator, and ask them to put HB 1416 to a vote in Committee so that the entire Senate may vote to approve it as well so that these annuitants can receive some relief from financial distress.

18th S Ninth Street Suite 105
Stroudsburg PA 18360

570-420-2850

SUPPORT SERVICES FOR SENIORS NEEDS YOUR HELP!

The mission of SSS is to promote the physical, mental, social and emotional well-being of older adults by providing services that empower them to attain or maintain independence and self care. Your tax-deductible gift provides life-changing help for those who are most in need. Donations can be made in Honor or Remembrance of a loved one.

*Thank You Barbara Halliwell for your generous donation
in honor of all the Home Delivered Meal Volunteers*

Donation Coupon

Make your donation payable to: Support Services for Seniors

Mail to: Monroe County Aging, 724 Phillips Street, Suite 102, Stroudsburg, PA 18360

Name: _____ Amount of Donation \$ _____

Address: _____ Zip _____

May we print your name as a donor? Yes No Thank You!

In HONOR or MEMORY of _____



SHARE (Share Housing and Resource Exchange) is a Matching-up Program created by the PA Dep of Aging (PDA). This model is cost-effective and addresses a number of housing issues faced by seniors in Monroe, Pike and Wayne Counties. We match home "Hosts" that have a house or an apartment with an extra bedroom and with a "Sharer" that wants to live with them in exchange for rent, help with chores or a combination of both. Anyone 18 years old or over is eligible to enroll but one person in the "match" has to be 60 or over. The home must be located in a county SHARE services and the most a Sharer can be charged for the room is 30% of their income. Anyone interested in being matched undergoes an intake then completes an application with the SHARE Housing Counselor. We thoroughly vet each participant with a criminal background and reference checks. Once we have a good match, we have a meet and greet. If the introduction goes well, the sharer moves in for a trial period. If the trial goes well, they sign a SHARE Housing Agreement. When either party wants to end the contract, a 30 days written notice is required. If you are interested in SHARE Housing or know someone who could benefit from the program, please reach out to Kelly Foley at 570-832-0538 or kfoley@pikepa.org

Free File

Available only at IRS.gov, [IRS Free File](#) makes doing your federal taxes less taxing, using guided tax preparation or Free File Fillable Forms that do the hard work for you. This online tax preparation service lets you prepare your own tax return and e-file it for free. Guided tax preparation helps you find the tax breaks you are due and helps you meet your health care reporting requirements. Some IRS Free File providers also offer free state return preparation.

When you electronically prepare and file using IRS Free File software or fillable forms, your tax return is sent to the IRS safely and securely. You also get an acknowledgement that the IRS has accepted your return. You can print your return for free. Using both e-file and direct deposit is the fastest way to receive a refund.

All you need is a computer and an email address to get started with [IRS Free File](#). IRS Free File must be accessed through IRS.gov. IRS Free File providers offer a free federal tax return and some offer free state return. You must qualify to use the guided IRS Free File software. You can use the IRS Free File Online Lookup Tool to find which offer(s) you qualify for.

To learn more about how to file through Free File options, visit the [IRS Do Your Taxes for Free](#) page.

The Friendly Community Center
Celebrating 10 years & Growing!
 We now offer classes at the
B.A.R.C Facility & The FCC
 Visit our website for details

The Mission of The Friendly Community Center (The FCC) is to provide affordable, community-based programs and services designed for lifelong learning, wellness, and socialization



THE FCC

Uniting Neighbors. Supporting Well-Being. Enriching Lives

Artistic Wellness

Available for on-site workshops!
 Give us a call

Broken Crayons
 Still Color

Groups or Individuals Allowed
 Veterans and Seniors Encouraged

Partially Funded By
NORTHBOUND

Tuesdays 6:00-8:00
 FREE | Space is Limited | Sign-up
northboundandco.org | 570-800-2466

NorthBound Community Recovery Center
 6258 Route 209 | Shoudsburg, PA 18360

Financial support provided by a 911 grant from the Pennsylvania Department of Military and Veterans Affairs.

Dementia Caregiver Support Group
 For caregivers who are caring for people living with Dementia
 Workshop is free and open to the public

2024 Calendar
 Saturdays: 2/24, 3/23, 4/27, 5/18, 6/22, 7/27, 8/24, 9/28, 10/19, 11/23, 12/14

10:00 - 11:30 EMP Hughes Library Boardroom
 Rt 611 Stroudsburg



1:15 - 2:30 The Friendly Community Center
 6683 Rt 191 Mountainhome

Led by Barbara Van Nortwick, M.Ed.
 Please Call to Register: 570-236-3380



SAVE ENERGY TIPS

Looking for ways to save energy and money at home? Check out the 8 things all homeowners should do to cost effectively lower their energy bills.

 <p>Install and set a programmable thermostat. Save an estimated 10 percent per year on heating and cooling costs by using a programmable thermostat.</p>	 <p>Use sunlight to your advantage. Choose window treatments that allow you to use natural light while reducing heat loss and gain.</p>
 <p>Switch to ENERGY STAR appliances, fans and electronics. Using ENERGY STAR certified products throughout your home could save nearly \$750 over the lifetime of the products.</p>	 <p>Choose energy-saving lighting. Replacing 5 of your home's most frequently used lights with energy-efficient ENERGY STAR bulbs could save you \$75 a year in energy costs.</p>
 <p>Use an electronic power strip for your electronic equipment. Help reduce phantom loads -- and save up to \$100 a year -- by plugging electronic devices into a power strip and turn it off when not in use.</p>	 <p>Reduce energy for water heating. Take simple steps -- like lowering your water heater's temperature and installing low-flow showerheads -- to reduce your water heating bills.</p>
 <p>Hire a professional to maintain your heating and cooling system. Check and replace your air filters regularly and arrange for annual maintenance with a qualified technician.</p>	 <p>Consult a home performance contractor to achieve large savings. These professionals will do a comprehensive audit of your whole house using special tools to measure home energy efficiency.</p>

ENERGY.GOV

United Way
 VITA
 MULTISTEP INCOME TAX ASSISTANCE

Pocono Mountains United Way

TAX PREP SERVICES

855-567-5341
 CALL 211 TODAY

www.pmuw.org/vitafselfscheduler





RSVP CORNER

Frannie Kresge, RSVP Correspondent



RSVP AND THE PENNSYLVANIA OMBUDSMAN

All older adults, no matter where they reside, deserve to have the highest quality of life. That is what the Ombudsman Program is out to achieve. Their Vision statement is “Advocate for those who can’t, support those who can, and ensure all long-term care consumers live with dignity and respect.”

AmeriCorps Seniors/RSVP (Retired and Senior Volunteer Program) partners with Serving Seniors, Inc. to serve older adults living in long-term care facilities or nursing homes under the Ombudsman program. A volunteer Ombudsman can be anyone from the community that has compassion for older adults and is looking to make a difference in their lives. Once training is complete, the volunteer Ombudsman can begin assisting consumers. It is not just residents of long-term care facilities, however, that use the services of Ombudsman. Family or friends of a person living in a long-term care facility, individuals using long-term care services in their homes, and even staff of facilities can utilize the services of an Ombudsman.

Older adults receiving long-term care services have rights under Federal and State Law. Ombudsman act as an advocate and source of information regarding these rights. They work to resolve concerns or complaints made about a care facility. These concerns include quality of care, changes in services, questions regarding billing, or many other issues. The mission of Ombudsman is to advocate for older adults and work to improve the long-term care system.

RSVP volunteer Ombudsman Suzanne Bornemann is currently serving residents in both Monroe and Pike County. She developed a compassion for long care facility resident from a childhood that included caring for her grandmother. Her caring personality led her to the RSVP/Ombudsman volunteer Program, helping vulnerable populations.

Our seniors need our help. There are not enough Ombudsman in our county to assist them. If serving as an Ombudsman sounds like something you are interested in, please contact Neal or Erica at the RSVP office for more information, 570-420-3747.

SEEKING DONATIONS OF PAPER & PLASTIC PRODUCTS



DO YOU HAVE LEFTOVER PAPER PLATES, COFFEE CUPS, NAPKINS or PLASTIC UTENSILS left over from Holiday dinners or party celebrations you're not using? Our local Senior Centers would be happy to serve our seniors on colorful and festive paper ware! If you would like to donate these items, please bring them to the Loder Center or your nearest Senior Center. Thank you much!



[Protecting Yourself from QR Code Fraud | SSA](#) An official website of the US Government.

Protecting Yourself from QR Code Fraud

By [Mark Majestic, Associate Commissioner, Office of Program Integrity](#)

Quick Response codes, better known as QR codes, are a very popular way to get information. QR codes are scannable barcodes that will direct you to a website.

There are many legitimate and helpful uses for QR codes, from paying for parking to viewing a restaurant menu. But since scammers often use QR codes to carry out their schemes, it's important for you to learn how to spot a fake!

Scammers create QR codes to trick people into visiting a fraudulent website or downloading malware that compromises their personal information.

For example, scammers may:

- Cover official QR codes with fake ones on parking meters, menus, or magazines.
- Send QR codes via email or text message pretending to be from delivery companies.
- Request that you confirm your information due to suspicious activity on your account using imposter QR codes.
- Place harmful codes on social media advertisements.



QR codes may look genuine, but they can redirect you to fake websites designed to steal your personal information. Here are some tips to avoid related scams.

Verify the Source : Before scanning a QR code, make sure it comes from a trusted and reliable source. Legitimate QR codes from SSA will always send you to a safe and secure ssa.gov webpage.

Inspect the Code: Scammers may use tactics that mirror a legitimate QR code. Take a moment to examine the QR code closely. Look for any signs of tampering, unusual colors, or misspellings. If something seems suspicious, it's best to avoid scanning the QR code.

Be Cautious of Unsolicited QR Codes: Avoid scanning unsolicited QR codes received via email or text message. Be aware of codes from unknown sources. We will never send a QR code via text or email asking you to confirm your information.

Be Aware of Urgent Requests Using QR Codes: Fraudsters often pretend to be government officials and use fake QR codes to defraud people. For example, a scammer may pose as a Social Security employee claiming that you have an outstanding debt or a problem with your account and demanding immediate payment. The scammer may send fake QR codes via text or email requesting the payment. Remember, Social Security will never request any form of payment using a QR code.

Stay Informed: Stay up to date on the latest QR code fraud and scams. Follow trusted sources such as cybersecurity blogs, news outlets, and official government websites for updates.

QR codes are an easy and convenient way to get information, but it's important to remain vigilant when using them. For more information, you can review the Federal Trade Commission Consumer Alert, [Scammers Hide Harmful Links in QR Codes to Steal Your Information](#), and the [Better Business Bureau website](#). You can report suspected Social Security imposter scams to the [Office of the Inspector General's website](#). We encourage you to learn more about fraud and scams on our [Protect Yourself from Scams](#) webpage. Please share this with friends and family – and post it on social media.

Pocono Pony News

BEATLEMANIA NOW LUNCH & SHOW



WEDNESDAY MAY 15 PENN'S PEAK 11 AM

\$46.00 per person includes Tax & Gratuity Transportation is separate.

Call Tony, by April 11 570- 839-6282 x425.



Stroudsburg First Saturday ART WALK
Join Us from 6-8 pm First Saturday of the Month

Participating Galleries:

- 1 Gamut Art Gallery 109-111 N. 8th St.
- 2 Andrei Art Gallery 18 N. 7th St.
- 3 The Gallery at Renegade Winery 600 Main St.
- 4 Create & Be Studio 8 N. 6th St.
- 5 Turrell Art Studios 4 N. 6th St.
- 6 Pocono Arts Council 530 Main St.

May 11-26
Sin, Sex and the C.I.A.
Shawnee
By Michael Parker & Susan Parker

552 River Rd, P.O. Box 67, Shawnee on Delaware, PA 18356, USA
Request@TheShawneePlayhouse.com
(570) 421-5093

Save \$5 by entering Code PWTB5OFF before selecting seats!



Northeast PA Music Teachers Association invites you to enjoy a day of music as over 25 students compete for cash prizes—and you get to vote for your favorite performance at the 3rd Annual

Sunday April 7, 2024

F.M. Kirby Center 71 Public Square Wilkes-Barre, PA 18701

Tickets \$20

Special \$15 Pricing for Seniors and Children under 18 Call Andrea at 570-881-2118 Mention Harvey Feldman for your discount!

Active/Retired Military receive 2 Free Tickets Thank you for your service



In partnership with the Pennsylvania Bar Association's Young Lawyers Division, the Monroe County Bar Association is honored to invite you to participate in our upcoming **Wills for Heroes** program. This program is a free service that provides Wills*, Living Wills, and Healthcare and Financial Powers of Attorney to first responders, and their spouses and partners.



Wills for Heroes
 Free Service to Veterans, First Responders,
 Spouses/Partners
Saturday, April 13, 2024
 Monroe County Bar Association
 913 Main Street
 Stroudsburg PA 18360

Registration is required. Due to scheduling, walk-ins *may* not be accommodated. Register at:

www.pabar.org/wfh

The password is WFH.



  **Functional Cognitive Consulting, LLC**
 Barbara Van Nortwick, M.Ed., OTR/L, CDP

WORKSHOP

DEMENTIA 101: What You Should Know About Dementia Care

- Learn why dementia does not equal memory
- Learn how dementia affects vision and communication
- Become aware of the 4 major types of dementia
- Learn why skills are so important.....it's all in the approach

DATE: MAY 11, 2024 ADMISSION: FREE TIME: 1:00pm to 3:00pm

PLACE: MIDDLE SMITHFIELD COMMUNITY & CULTURAL CENTER
 5200 MILFORD LANE EAST STROUDSBURG, PA 18302

TO REGISTER CONTACT: Barbara Van Nortwick at Functional.cognitive.consulting@gmail.com Or call: 570-236-3380

SPONSORS

 Weis 1070 N. 9th Street Stroudsburg, PA





Health and Wellness Calendar

APRIL 2024



All programs are open to the public. Reserve a spot (some classes are limited) by calling Laura Pride at 570-420-3746

ZUMBA GOLD - SEATED

MOVING. GROOVING. SMILING.

With Lisa D'Arrigo *NEW 30 MINUTE CLASSES!!*
Certified Zumba Gold Instructor

At Loder Center Mondays 10:30 am

Call 570-420-3745 to reserve your spot!

Dress comfortably. Bring Water.

Arthritis Foundation Exercise by YMCA

Led by Debbie Lang of Pocono YMCA, this class will increase your range of motion, flexibility and strengthen muscles. Ideal for first time exerciser or those who have arthritis. One hour classes begin at 10:00

Tues @ Mountain Ctr Wed @Barrett Thur @Loder

PA Medicare Education and Decision Insight: PA MEDI is the State Health Insurance Assistance Program. If you would like an appointment for your Medicare concerns, please call the Aging Office 570-420-3735. Meet in person at the Loder Senior Center,



BLOOD PRESSURE SCREENING
DONE MONTHLY AT ALL SENIOR
CENTERS. CALL FOR SCHEDULING.

Exercise with YouTube
online classes at
Loder or Chestnuthill
Centers. Classes and
times vary . Call Loder
Center @ 570-420-3745 or
Chestnuthill Center @
570-242-6770 for details!



Want to Save on Medicare Costs?
PA MEDI can help!

Call the PA MEDI Helpline 1-800-783-7067 or your local Area Agency on Aging at **570-420-3735**





This advertisement was prepared by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a nationwide media buying effort. It is not an offer of insurance or any other financial product. For more information, visit www.medicare.gov.



THE SECRET INGREDIENT UNCOVERED

*Traditional Family Recipes by
Monroe County Seniors*



A DELICIOUS FUNDRAISER FOR SENIOR CENTER ACTIVITIES

A DELICIOUS WAY TO SUPPORT OUR LOCAL SENIOR CENTERS...

**Traditional & International Recipes
JUST \$15 for over 300 family recipes.**

**HOLIDAY PRICING 2/\$25
3/\$30**

**COOKBOOKS ARE AVAILABLE AT
SENIOR CENTERS, AGING & RSVP!!**

Limited number of books available

Call 570-420-3726 for information.



Keep the Earth clean and healthy!



Happy Earth Day!



A VERY REWARDING VOLUNTEER EXPERIENCE



Winter is almost over, and Spring returning to the Garden. Soon the Daffodils and Crocus will remind us that the time to prepare for Spring planting will soon be upon us.

But before our volunteers head out to the fields, there remains a need to get the Office running smoothly. Anyone who is organized and self motivated would be a great help; a person who can coordinate the Volunteer schedules, and log their hours, would be invaluable.

Someone with basic computer skills is important to keeping the office organized. Please consider offering 2 hours of your time each week! Please note: all Positions with the non-profit Garden of Giving are strictly on a volunteer basis; there are no excess funds for salaries.

A person who could write about the good work the Garden does would be great at applying for Grants. Money does make the World go Around, and it makes the success of the Garden possible. Without grant funds, the Garden will not survive. YOU can make the difference!

Save the date of April 1st...No fooling ! It's opening day for the Garden, when volunteers will clean up after the Winter, and ready the beds for planting.

Also save the Third weekend in April (April 20-21) for the first big Spring Planting. Onions and other cold weather crops will begin their journey from seedling to dinnerplate.

During April and May, the Garden is open on Saturday only. (closed Holidays) Contact the Garden by phone: 570-402-1282 or email: GardenOfGiving1@gmail.com. The Garden has a Facebook page, and a website at www.GardenOfGiving.org. The Garden is in McMichaels, off Rt 715 at: 2556 Rising Hill Drive, Saylorsburg PA

HOW YOU CAN HELP YOURSELF

- ◆ **PA CAREGIVERS SUPPORT PROGRAM:** Reduce stress on unpaid caregivers, age 55+ that reside in same household. Other requirements will be discussed. Call AGING for more information: 570-420-3735
- ◆ **ALZHEIMER'S SUPPORT GROUP:** Meets at Shawnee Ridge (E.S.) 2nd Mon of the month. Call Jennifer Kautz 570-517-9292
- ◆ **DEMENTIA SUPPORT GROUP** Monthly at Hughes Library. Call Barbara Van Nortwick, M.Ed. 570-236-3380
- ◆ **PARKINSON'S SUPPORT GROUP** 3rd Friday at Noon at ESU Monroe Room. Call Pam Gallina 570-422-3247
- ◆ **AAA MATURE DRIVER ONLINE SAFETY COURSE:** Link to www.aaa.com/seniordrivertraining

CAREER Quest

Monroe County's Largest Job Fair



Wednesday, April 17, 2024
10:00 a.m. — 3:00 p.m.
Northampton Community College
Monroe Campus-Pocono Hall

HOW YOU CAN HELP OTHERS



Volunteers Needed!

For more information:
 Linda Raudabaugh - Volunteer Manager
 570.424.8794
lraudabaugh@monroemeals.org



Be the friendly smile that brightens their day.

Deliver once a month, once a week - we work with your schedule.



Delivery routes take as little as an hour.



♥ Retired and Senior Volunteer Program is a nationwide volunteer program for individuals age 55 and older

♥ Our volunteers use their talents and experience to make an impact in a wide variety of ways.



HOW WILL YOU SPEND YOUR TIME?

We can help you find a service opportunity you are passionate about. Please call us at (570) 420-3747, visit us at 411 Main St, Suite 102B in Stroudsburg, or email us at rsvp@monroecountypa.gov

CANCER PATIENT VOLUNTEER DRIVERS NEEDED. TRAIN ONLINE. CONTACT ROAD TO RECOVER® VOLUNTEER CANCER.ORG/DRIVER OR 1-800-227-2345



VOLUNTEER



The Eastern Monroe Library is looking for GED TUTOR VOLUNTEERS. Hours are flexible. Experience not required. Contact ged@monroepl.org or call A. Richardson 718-551-7126

SUPPORT SERVICES FOR SENIORS

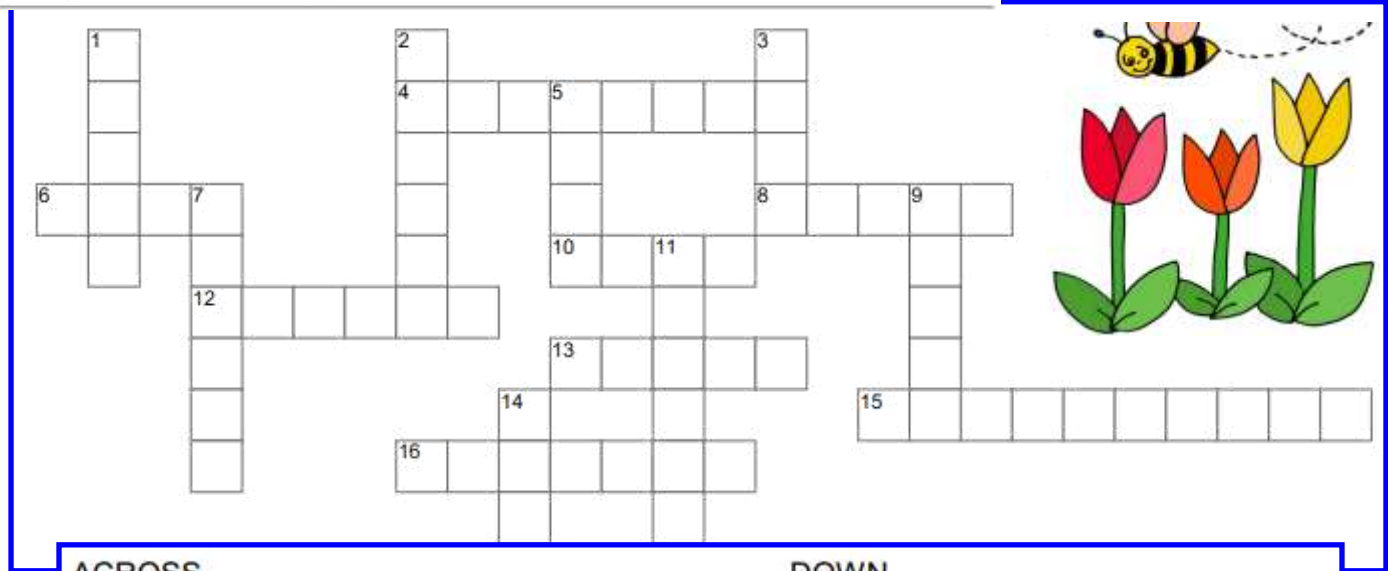
724 Phillips Street
 Suite 102
 Stroudsburg, PA 18360

Return Service Requested

NEXT DEADLINE : Jun 7

Non Profit Org
 US Postage Paid
 Stroudsburg PA
 Permit No. 234

Spring Crossword



- | | |
|---|---|
| <p>ACROSS</p> <ul style="list-style-type: none"> 4. Rain or sun protection. 6. Flying a _____ is the perfect windy day activity. 8. What snow does in Spring. 10. Where a bird lays its eggs. 12. A brief period of rain. 13. First month of Spring. 15. A day for playing tricks. 16. Spring, Summer, Fall, Winter. | <p>DOWN</p> <ul style="list-style-type: none"> 1. Fourth month of the year. 2. A small accumulation of water. 3. Not cold or hot. 5. Drops of water that fall from clouds. 7. The day kids hunt for eggs. 9. A Spring flower. 11. The season after winter. 14. Mother's Day is celebrated this month |
|---|---|

MELTS	NEST	SPRING	MAY
APRIL	APRIL FOOLS	RAIN	TULIP
UMBRELLA	Puddle	WARM	EASTER
SHOWER	MARCH	KITE	SEASONS