



Monroe County Seniors' Express Times

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

Volume 16 Issue 5



MAY 2024

We will be closed for
Memorial Day May 27
Juneteenth June 19

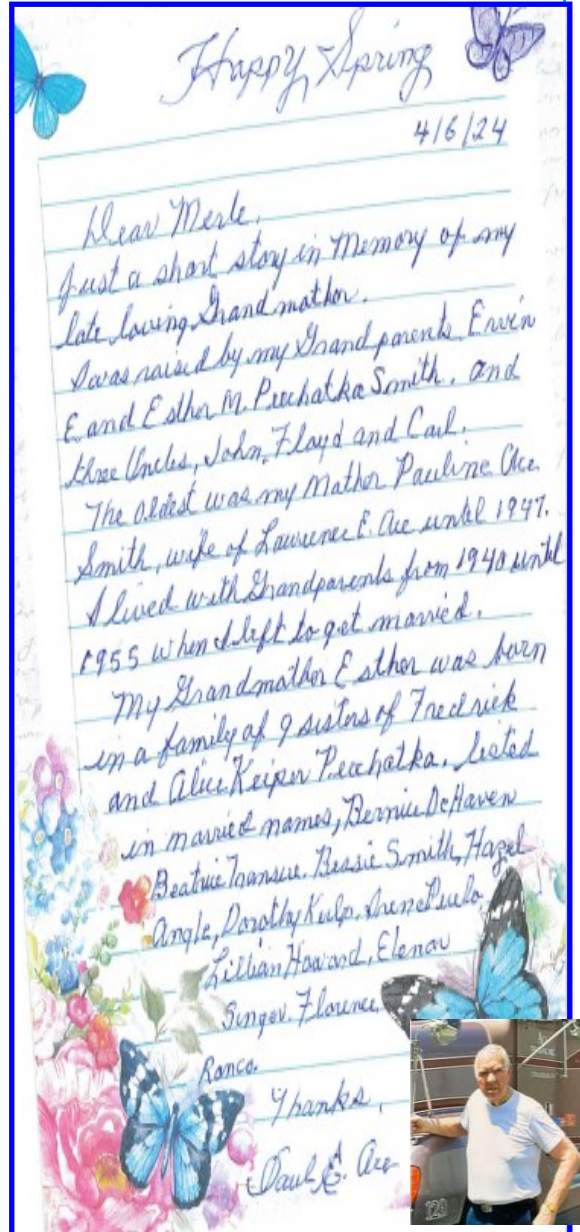


A Word From The Editor *Merle Twitz*

To this very proud Mother of four wonderful sons, the whole month of May, to me, is Mother's Day! My favorite tradition for years has been to ride to this huge garden center in NJ, select all my plantings and have everything installed by my

sons. (I used to do this myself, buy my knees just don't enjoy that anymore!) Mother's Day comes with mixed emotions for many of us. I lost mine just as COVID broke in 2020. How many times do I call her, forgetting she's not there to answer. In 2015, my son had a terrible car accident the July following his HS graduation. The young man, a graduate from the same HS a year earlier, who hit him, sadly lost his life. I think about his Mom every year on Mother's day as I count my blessings.

As I'm writing this front cover of the newsletter, as fate would have it, on the day of the big eclipse, I received a touching letter from the Newsletter's biggest fan and life-long Monroe County resident, Paul E. Ace. He writes in memory of his own grandmother, Esther M Peechatka Smith. I am including the note, in his own beautiful handwriting, in this article. Maybe some of you will enjoy the trip down memory lane and recognize many of the regal Monroe County names along the journey. Thank you, Paul for taking the time to write! I hope this lovely tribute inspires others to share some memories & family stories!



Unscramble the Flowers

IHDALA

TYSCMEMRUHAHN

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DLFIAODF

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CIHRDO

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:

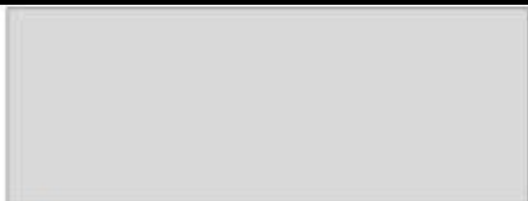
* Art & Craft supplies * Felt or Quilting Material * Clothes Pins & Golf Tees * Garden Supplies * Yarn, Ribbon, Beads, Buttons * Glue Gun & Sticks * Knitting Looms, Needles, Crochet Hooks * Scissors * Construction Paper & Clear Contact * Straws, Popsicle Sticks * Mason Jars * Tie-Dye Supplies * New Tube 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

Commonwealth of PA Dept of Agriculture
SENIOR FARMER'S MARKET NUTRITION PROGRAM
2024 APPLICATION FORM



To qualify, you must be 60 or older by 12/31/24 and meet household income guidelines.

THIS FORM FOR MONROE COUNTY ADDRESSES ONLY

RIGHTS & RESPONSIBILITIES: I certify that the information provided for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law. Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex. I may appeal any decision made by the local agency regarding my eligibility for the SFMNP. By signing this, I acknowledge that my total household income is within the guidelines: **\$27,861 for 1 person or \$37814 for 2 people in the household and that I am 60 years old or older by 12/31/24.**

*****PLEASE PRINT CLEARLY AND COMPLETELY ALL INFORMATION REQUESTED*****

1st Participant Name _____ Birth Date _____

SIGNATURE _____

2nd Participant Name _____ Birth Date _____

SIGNATURE _____

ADDRESS (PRINT) _____

*** INCLUDE House/Apt.# Street City (MONROE COUNTY ONLY) Zip

PHONE _____

___ I will watch the "[My Plate for Older Adults \(youtube.com\)](https://www.youtube.com/watch?v=...)" prior to redeeming my vouchers.



Circle all that apply

Ethnicity: **Hispanic/Latino** **Non-Hispanic/Latino**
Race: **American Indian/Alaskan Native** **Native Hawaiian/Pacific Islander**
 Asian **White** **Black/African American**

In accordance with Fed Civil Rights laws, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, gender ID, sexual orientation, disability, age or reprisal or retaliation for prior civil rights activity. Full disclosure upon request.

PLEASE MAIL OR DROP OFF APPLICATION AT:
MONROE COUNTY AREA AGENCY ON AGING
724 Phillips Street Suite 102 Stroudsburg, PA 18360

This year the PA Dept of Agriculture is requesting Farmer Market recipients to watch a YOUTUBE video about healthy eating . If you are unable to view the video, below is a graphic of MY PLATE so you can educate yourself on the recommended daily rations for Fruits, Veggies, Whole Grains, Dairy and Protein needed for a healthy and balanced diet.

[My Plate for Older Adults \(youtube.com\)](http://youtube.com)

MyPlate for Older Adults

Fruits & Vegetables
Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

Healthy Oils
Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

Herbs & Spices
Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.

Fluids
Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.


Grains
Whole grain and fortified foods are good sources of fiber and B vitamins.

Dairy
Fat-free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

Protein
Protein rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.

Remember to Stay Active!

Tufts UNIVERSITY | HARCA | AARP Foundation

 Thank you to the many Seniors who responded to my question “Why did you order the Summer Vouchers but not use them?” A lot of you called, so I want to thank you for taking the time to respond. Most of the answers were transportation issues. Many of you don’t drive and rely on others to get you from place to place. Even with many locations in the county, and being available from June through November, it is a shame that local family and neighbors couldn’t find the time to help you out. Several said that prices were too high and the coupons should be used in grocery stores. This program is through the Dept of Agriculture, so helping the local farmers is as important as helping our seniors. \$50 in coupons surely offsets the higher price.

I ordered almost 2000 sets of vouchers this year and I’m hoping that when I get audited, there will be 0 sets left and 100% usage! And I’ll add—If you do drive and have an extra seat in your car, seek out a neighbor who is lonely and isolated because they have no car or means to get to the Farmer’s Market! You’ll feel really good about your heroic deed, and you may just find that your neighbor is a really nice (and grateful) person. Isolated people have a lot to say because sometimes there is just no one else to talk with—so there is never a lull in the conversation!! Thank you all for your replies. Now- go and spend that money!!

STATE REP. TARAH PROBST
 18 S. 9th St., Suite 105
 Stroudsburg, PA 18360-1630
 (570) 420-2850
 Toll-Free: (833) 321-8899
 www.RepProbst.com

STATE REP. MAUREEN E. MADDEN
 354 Memorial Blvd., Room 4
 Tobyhanna, PA 18466-7786
 (570) 894-7905
 Toll-Free: (833) 787-5095
 www.RepMadden.com

WOMEN'S EXPO
SATURDAY, JUNE 22
 10 A.M. TO 1 P.M.
 Stroudsburg High School Cafeteria
 1100 W. Main St., Stroudsburg, PA 18360

STATE AND COUNTY SERVICES,
 LVHN MOBILE MAMMOGRAPHY
 COACH, DOOR PRIZES,
 LIGHT REFRESHMENTS

Senior Food Box Program
 2023-2024 Income Guidelines
 (130% of Federal Poverty Level)

Effective 1/26/23

Household Size	Annual	Monthly	Weekly
1	\$18,954	\$1,580	\$365
2	\$25,636	\$2,137	\$493
3	32,318	\$2,694	\$622
4	\$39,000	\$3,250	\$750
5	\$45,682	\$3,807	\$879
6	\$52,364	\$4,364	\$1,007
7	\$59,046	\$4,921	\$1,136
8	\$65,728	\$5,478	\$1,264
For each add'l household member, add...	\$6,682	\$557	\$129

The Senior Food Box program provides a monthly box of foods like, shelf-stable or non-fat dry milk, juice, oats, cereal, rice, pasta, beans, peanut butter, canned meat, chicken, fish, fruit, & veggies. The box is not a complete diet, but a good source of nutrients needed by older adults. See Eligibility. To apply Call 800-468-2433

State Senator Rosemary Brown and the American Legion Department of Pennsylvania are partnering to offer assistance to veterans of the 40th Senatorial District in her Scotrun office.

Second Tuesday of Each Month
 10 a.m. to 2 p.m. ★ 2398 Route 611, Suite 201
 Scotrun, PA 18355

A Department Service Officer with the Pennsylvania American Legion will be on site to assist veterans with issues including:

- ★ COMPENSATION AND PENSION CLAIMS
- ★ EDUCATION BENEFITS
- ★ ENROLLMENT IN THE VA HEALTH SYSTEM
- ★ BURIAL AND SURVIVOR BENEFITS
- ★ STATE BENEFITS
- ★ OBTAINING MILITARY PERSONNEL & MEDICAL RECORDS

Contact Senator Brown's office at (570) 620-4326 to schedule an appointment.

Senator Rosemary M. Brown

Visit SenatorBrown40.com for additional information.



From State Rep. Jack Rader - 176th Legislative District

DID YOU KNOW?

ELIGIBLE SENIORS CAN GET THE RETIRED STATUS DISCOUNT VEHICLE REGISTRATION?

GET THE \$11.00 REGISTRATION RENEWAL

TO QUALIFY, THE PERSON LISTED ON THE VEHICLE REGISTRATION MUST HAVE AN INCOME THAT DOES NOT EXCEED \$19,200

CALL MY OFFICE FOR ASSISTANCE TO SEE IF YOU QUALIFY OR TO RENEW!

Effort, PA 18330 Blakeslee, PA 18610
 570-620-4341 570-643-7683

United Way
 Pocono Mountains United Way

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.

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.

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



By [Rodney A. Brooks](#) From Senior Planet Website AARP:
How to Pick an Executor for Your Estate

It's difficult to pick an executor or trustee to implement your wishes after your death. Your favorite child is your favorite for a reason, but that doesn't mean that s/he is best suited to be your executor. And an attorney or trust firm may be a safe choice, but fees could make that too expensive for your taste. Make sure your legacy doesn't include confusion, arguments or hard feelings. Here are some options to help you make the best choice for you and your family. Of course, the first thing you'll do is get a will (or a trust) on paper and get professional help. Most experts don't recommend a do-it-yourself estate plan. The next step is picking an executor for your will and your wishes. Here are some things to consider.

- ◆ **Executor? Or Trustee? Do you need an executor or a trustee?** Daniel Razvi, attorney and senior partner at Higher Ground Financial Group in Frederick, Maryland, says: "If you have real estate, you'll probably need a trust instead of a will. But the executor and trustee are generally the same person." A will directs the distribution of your assets after death, trusts are effective once the assets are transferred into the trust. Your assets are legally transferred to the trust, except retirement accounts. You are the trustee until your death, then the person you select is responsible for management and distribution of your assets.
- ◆ **How about one of your children?** "Most often I see my clients choosing their kids or one of their kids to be a trustee or executor," Razvi says. "But not everybody wants their kids to be trustee. It needs to be somebody that you feel can take care of money honorably and well, somebody that can follow your instructions. Anybody you choose is legally required to follow your instructions, but it's nice if they don't have to be compelled to do so by a court." It's also important to have a backup, says Jennifer Belmont Jennings, an attorney and Certified Financial Planner at MGD Law in St. Louis, Missouri. That can be a corporate entity, but larger banks may not be interested in smaller estates. There are, however, smaller trust companies you can hire, she says.
- ◆ **Third party or family member:** A third-party trustee or executor may be expensive, so you may want to stick with a family member. "Banks and the lawyers will do it for you, but they'll charge a fee," Razvi says. "So, usually you pick a family member that may not charge a fee."
- ◆ **Family Member Fallout:** Sometimes selecting one family member of another can cause hard feelings and damage family relationships. For families concerned about that Razvi recommends split roles, which does not necessarily mean co-executors. "You can assign different roles in your estate plan to different people," he says. "And you can make your kids back up for each other." For example, name one child the executor and name the other as the administrator of the healthcare power of attorney who can make decisions for you when you are incapacitated.
- ◆ **It's not easy:** Keep in mind that the job of executor or trustee is not easy. "It *is* a job," says Belmont Jennings. "It's work. It's not easy. "You might be working on selling the house, getting it ready, having to deal with the clutter, having to distribute assets to people. "You're hiring the lawyer to file the paperwork if you're doing stuff with court. You're responsible for getting the tax return prepared for the year of death. It's your responsibility." That's why for some families a family member who does that for a living it might be a more natural choice rather than a "favorite child."
- ◆ **Co-executors?** Having co-executors can be a bad idea. Co-executors are a bad idea, says Razvi. "It's very unwise to have two people simultaneously," he says. "You don't want to have multiple people being the trustee or the executor at the same time because they would have to agree on everything. And they can override each other." "It's better to have one person listed and then usually the document will say 'and if this person is unable or unwilling to serve as executor or trustee, then I will appoint this person.'"
- ◆ **Healthcare directives and Healthcare POA:** A healthcare directive and healthcare power of attorney are critical in your choice. It is important that you pick someone who you trust because ultimately, they will make the decision on whether to pull the plug. "It's really important from that standpoint to make sure you have people you trust and are able to express what your wishes, because a lot of families do argue over that," says Belmont Jennings. "You have one saying no, they wouldn't want to live this way. And you have one that says no, they told me that this is what they want. If it's not written down in a way that complies with state statute, it's a lot more complicated and it's a lot more stressful for your family. They're fighting and they're spending your money on lawyers."


Rodney A. Brooks is an award-winning journalist and author



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

EASTERN MONROE PUBLIC LIBRARY

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



UPCOMING EVENTS - MARK YOUR CALENDARS
Visit StroudRec.org or call 570-426-1512 for more details.

- May 18 10 - 11 am **Dog Pack Walk** Brodhead Creek Park 1.8 miles followed by 11 - 1 Dave Henon Free Dog Training Session
- May 24, 31 & June 14, 2024; 5:30pm-6:30pm **Summer Fitness Fridays**
 - o Albertson Park - Outdoor group fitness classes Classes are open to all levels of fitness. \$8 per session. Registration suggested
 - o Saturdays May 11, 18, 25 & June 15, 22, 2024; 9am-6:30pm
- May 1-31 **Storywalk®** Zacharias Pond Park enjoy the outdoors AND a great children's book at the same time!
- June 1 **Levee Loop Trail Race 5k & 10k** 7:30am sign-in; 8am 5k Timed Race & Walk Starts; 8:30am 10k Timed Race Starts Dansbury Park \$35
- June 15 **Saturday Stroll** 10am-11am Kurmes Preserve
- June 21 **Movies in the Park!** 8:15pm (Rain Date 6/22) Miller Park, East Stroudsburg. Suggested donation of \$5 per person
- Every **WEDNESDAY**: Wednesday Walks 10am-11am. Locations vary by week of the month. 1) Yetter Park; 2) Yetter Park; 3) Forevergreen Nature Preserve; 4) Pinebrook Park; 5) Call for info. Free. Registration recommended.

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



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.



Senior Center Menu for MAY 2024

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> HOT MEAL SELECTION COLD MEAL SELECTION 		1 Baked Ham Chicken Brst Sandwich	2 Chicken Carbonara Salami & Mozzarella	3 Veg Egg Scramble Tuna Salad	
6 Pork Loin Cran Apple Chicken Salad	7 Beef Stroganoff Turkey & Cheese	8 Chicken Lo Mein Taco Salad	9 Roast Turkey Ham & Pickle Salad	10 Baked Fish Egg Salad MOTHER'S DAY PARTY	
13 Shepherd's Pie Roast Bf & Cheddar	14 Turkey Chili Chicken Salad	15 Sausage Calabrese Dill Turkey Salad	16 Chicken Scampi Ham & Swiss	17 Stuffed Shells Garden Salad	
27 ALL CENTERS ARE CLOSED FOR MEMORIAL DAY HOLIDAY	28 Sw & Sour Pork Chicken Brst Sandwich	29 Turkey Burger/Cheese Minced Ham Salad	30 Pot Roast Chef Salad	31 Fish Sticks Egg Salad	
<p>* MARA'S PLANNING BIG THINGS FOR JUNE & JULY !!! *Mother's Day Tea Party with ELVIS, *Elder Justice Day Event , * Father's Day Car Show and *Independence Day Patriotic BBQ—if you are not already enrolled in one of our Senior Centers— WHAT ARE YOU WAITING FOR??</p>					

MONROE SENIOR CENTERS

<p>Loder Senior Center 62 Analomink Street East Stroudsburg 570-420-3745 Mon – Fri 9:00 – 2:00 Mara Cruz ~ Manager Michele Auster—Aide</p>	<p>Mountain Senior Center 354 Memorial Boulevard Tobyhanna 570-894-3272 x134 Tues, Thurs & Fridays 9:00—2:00 Liz Kenneally ~ Manager</p>	<p>Barret Senior Center The Friendly Comm. Ctr 6683 Route 191 Mountainhome 570-481-4330 Mon, Wed & Fri 8:00 – 1:00 Tanya Lutin ~ Manager</p>
<p>Chestnuthill Sr Center Zion United Lutheran Church 1919 Route 209 Brodheadsville 570-242-6770 Wed & Fri 9:00 – 2:00 Donna Riedel ~ Manager</p>	<p>For meal reservations, call one day in advance by 10 AM. Suggested Donation \$1.50</p>	<p>Jewish Resource Center 1210 N. Fifth Street Stroudsburg 570-517-0815 Thursdays 10:00 – 3:00 Maggie Augugliaro— Manager</p>



ADD THESE TO YOUR CALENDAR

<p>MONROE FARMER MARKETS OPEN May 4—Oct 26 9 am—Noon Recurs Weekly on Saturdays Various Locations in Monroe</p>	<p>Quiet Valley Farm Frolic May 18—19 10 am—4 pm May 25—26 10 am—4 pm \$18 adult/\$10 child Free under 3</p>
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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 for your donation

*Paul E. Ace in memory of Esther M Peechatka Smith
Joan Teicher*

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



- **Prevent:** Learn how to read your Medicare statements.
- **Detect:** When reviewing your MSN or EOB, look for services, products, or equipment you didn't receive, double charges, or items your doctor didn't order.
- **Report:** Call or email your local SMP if you believe that you have experienced health care fraud, errors, or abuse.

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

Chair Yoga

Temple Israel of the Poconos
 711 Wallace St Stroudsburg



PRE-Reservations required:
 Call Lucinda @ 570-421-8781

Tuesdays from 11:15 – 12:15

Cost: \$6.00 **Exact Change Please**

Wear Comfortable Workout Clothes

OPEN TO THE COMMUNITY

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



26th Annual Senior Walk

May 15th 2024
 9AM Registration
 10AM Walk Begins
Registration begins April 1st

Walkers are invited back to the Y for light refreshments
 First 100 Sign Ups get **FREE T-Shirt**


For further information, please contact Deborah Lang: Active Older Adult Coordinator at 570-421-2525 ext. 0124 or email dlang@poconoymca.org

Diabetes Prevention Program



Have you been told you have Pre-diabetes?
 Have you had some "borderline diabetes" test results?
 Are you overweight and have a family history of diabetes?
 Could you use a little more activity?

If so, please consider joining us!



Scan QR code for more information or to register or contact Lisa Walsh at:

570-468-1483 lwalsh@nepa-ahec.org nepa-ahec.org





RSVP CORNER

Erica MacLeod, RSVP Administrative Assistant



RSVP – More Than a Line on an Invitation

RSVP. You see these four letters gracing our corner here every month with a fun little informational article. But what does it really mean? Most know it as that one line on an invitation, *repondez s'il vous plait*. Please reply. And while we'd love to hear from you, that is not what our RSVP means. We are the Retired and Senior Volunteer Program!

Our full name is AmeriCorps Seniors/RSVP of Monroe County and we are a volunteer agency for individuals on the plus side of 55. We work with more than 80 local community partners and organizations throughout Monroe County to fulfill their mission while matching our volunteers with opportunities they are passionate about. No boring jobs here! Our volunteers assist in a wide range of ways, from grocery shopping and socialization for homebound individuals to making small safety repairs and taking patients to critical medical appointments. Our volunteers are busy out in the community reading to preschoolers, giving nature tours, assisting with bulk mailings, and providing support at food and clothing pantries, to name a few.

Now to some reading this, some of those ideas may sound fun and exciting. For others, well you may be thinking "but I am getting older and can't get around like I used to". No problem! If you have a heart for volunteering, then we can help you find a way for you to serve. We have volunteers who make phone calls from the comfort of their own homes to other older adults who are lonely and looking for conversation. Some volunteers write notes of cheer to send to residents in nursing homes. Our crafty crocheters, knitters, and sewers make blankets and other items to donate to organizations all over the county to full the needs of others. Together we can achieve great things!

Would you believe that the average age of our volunteers is 76?! In 2023 alone, they served nearly 25,000 hours which equates to nearly \$1 million in services to our community. We are incredibly honored to work with our kind-hearted, hardworking, and passionate senior volunteers. Each year we host a recognition event to celebrate them and their amazing accomplishments. This year our event will be held in June at Mount Airy Resort with a formal luncheon and entertainment provided by a few of our talented volunteers. It is sure to be a fantastic time.

RSVP of Monroe County has been serving the residents of this county for the last 34 years and we are still going strong. We are proud to work with the Monroe County Area Agency on Aging, and to have the support of our Commissioners, to serve individuals all over Monroe County and help keep our seniors living safely and independently in their own homes. If volunteering with RSVP sounds interesting, please give Neal or Erica a call at the RSVP Office (570-420-3747). We would be delighted to speak with you!



Pocono Pony News

The Monroe County Transportation Authority, aka Pocono Pony, will host its Rider Appreciation Day 2024 on Wednesday, May 8.




This is a statewide initiative developed in coordination with the Pennsylvania Public Transportation Agency (PPTA) and transit agencies across the Commonwealth.

MCTA **fixed route bus** customers can ride for free on that day as a show of appreciation for their continued ridership. Also, riders can stop by to chat with MCTA staff from 10 a.m. to 2 p.m. at the Seventh and Main streets bus stop in Stroudsburg (in front of The Penn Stroud). Get your questions answered and pick up a giveaway item, too.

And, to test riders' trivia knowledge, MCTA will post a transit-related question each day from May 6 through 10 on its website at gomcta.com. Answer correctly and be entered into a drawing for a \$25 gift card each day.

In other news, MCTA would like to remind Shared Ride clients who will be attending the AmeriCorps Seniors RSVP Recognition Event from 10 a.m. to 2 p.m. Thursday, June 13, at Mount Airy Casino Resort to make their ride reservation. Shared Ride trips can be booked up to two weeks in advance.

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

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.

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!



Health and Wellness Calendar

MAY 2024



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

FREE Blood Pressure Screenings available at the following locations:



- ◆ Chestnuthill Senior Center- Wednesday 5/1 @ 10:30 a.m.
- ◆ Barrett Senior Center- Monday 5/6 @ 10:30 a.m.
- ◆ Loder Senior Center- Friday 5/10 @ 10:30 a.m.



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.

MICHELE RETURNS FOR ANOTHER 8-WEEK PROGRAM OF SEATED TAI CHI!



Adapted from Dr. Paul Lam's Tai Chi for Arthritis, this program enhances flexibility, muscle tone, and fitness. It incorporates the essential principles of Tai Chi with an emphasis on breathing, posture, and space awareness, with the added benefit of stress reduction.

Registration is required and space is limited to 12 attendees. Attendance at all classes is necessary to receive the full benefit. Call 570-420-3746 to register.

Loder Center in East Stroudsburg

Begins: Wednesday, MAY 1, and runs for 8 consecutive weeks. 10:00—10:45
Led by Michele Auster



Arthritis Foundation Exercise by YMCA

Led by Debbie Lang of Pocono YMCA, this class will increase your range of motion, flexibility & 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

Exercise with YouTube on line classes at Loder or Chestnuthill Centers.

Classes and times vary .
Call Loder @ 570-420-3745 or Chestnuthill @ 570-242-6770 for details!

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, by phone or virtually for your convenience.



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



THE SECRET INGREDIENT UNCOVERED

Traditional Family Recipes by Monroe County Seniors



A DELICIOUS FUNDRAISER FOR SENIOR CENTER ACTIVITIES

SUPPORT OUR SENIOR CENTERS...

Call 570-420-3726

for cookbook information.

\$15 \$10

Mother's Day Special!

MAY 18 & 19 GARDENERS WANTED FOR THE BIG PLANTING!!



The Garden will be open from 9:30 to 4:30 for a full day of starting all the Tomatoes, cucumbers, eggplants and other Summer vegetables. Volunteers will be supplied with everything they need for a successful day; gloves, sunscreen water, and a picnic lunch for everyone will be served for lunch under the pavilion. It will be a great time to meet new friends and help your community.

Contact the Garden at 570-402-1282, or email GardenOfGiving1@gmail.com. Visit the Garden's Facebook page, or the website at www.GardenofGiving.org. The Garden is located in McMichaels, at 2556 Rising Hill Drive, Saylorsburg.



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

Unscramble the Flowers—Answers: Dahlia, Chrysanthemum, Amaryllis, Lily, Daisy, Peony, Rose, Iris, Sunflower, Daffodil, Violet, Azalea, Tulip, Carnation, Marigold, Orchid, Pansy



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.



RSVP

TOGETHER WE ACHIEVE GREAT THINGS

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 : May 3

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

**MONROE COUNTY ELDER JUSTICE TASK FORCE INVITES
OLDER ADULTS OF MONROE COUNTY TO ATTEND THIS
FREE CONFERENCE**



ELDER JUSTICE DAY

JUNE 18, 2024

10:00 am – 2:00 pm

Dale & Frances Hughes Cancer Center

Lehigh Valley Hospital – Pocono

- PRESENTATIONS BY PROFESSIONALS AND EXPERTS
- LOCAL COMMUNITY VENDOR TABLES
- INFORMATION AND RESOURCES



**SEATING IS LIMITED TO 50 PARTICIPANTS.
REGISTRATION IS REQUIRED.**

Call 570-420-3735

