

Monroe County Seniors' Express Times

Monroe County PA Area Agency on Aging

724 Phillips Street, Suite 102, Stroudsburg, PA 18360

(570) 420-3735

monroeaging@monroecountypa.gov



Volume XVII Issue II

February 2025

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The Monroe County Area Agency on Aging office and all Senior Centers will be closed on Monday, 2/17 in honor of President's Day.

Visit our website:



www.monroecountypa.gov/departments/area-agency-on-aging

Follow us on Facebook:



www.facebook.com/MCPAAA

Tax Assistance

The Rotary Foundation of the Greater Poconos (RFGP) will operate this year's **Volunteer Income Tax Assistance program (Rotary-GP VITA)**, providing free income tax return preparation to Monroe and Pike County residents. The program, sponsored by the RFGP, assists individuals **earning up to \$70,000 per year**. Volunteers are certified by the IRS to ensure accuracy and compliance with tax laws. Representatives from elected official offices will be present some days to assist with 2024 Property Tax / Rent Rebate applications (PA-1000). Rotary-GP VITA will operate at these five sites in Monroe County **from January 29th to April 15th, 9:30am-4:30pm:**

Site Name	Address	Day(s)
Rotary Community Hub	696 Seven Bridge Road East Stroudsburg, PA 18301	Mondays & Tuesdays
Middle Smithfield Cultural Center	5200 Milford Road East Stroudsburg, PA 18302	Wednesdays
Clymer Public Library	115 Firehouse Road Pocono Pines, PA 18350	Thursdays
Pocono Mountain Public Library	5500 Municipal Drive Tobyhanna, PA 18466	Fridays
East Stroudsburg University	Rosenkrans Hall East Stroudsburg, PA 18302	Saturdays

Be sure to bring last year's tax return, an unexpired photo ID, Social Security card, and all necessary income, expense, deduction, and credit documents. **Register at www.rotary-gp.org. Please direct all questions about the program to info@rotary-gp.org.**

All information about the VITA Program was provided to MCAA by the Rotary Foundation of the Greater Poconos.

New Editor Announcement

My name is Alexandra Bender, and I am the new editor of the Monroe County Seniors' Express Times. I am also the receptionist at the Aging Office. I'm excited to take on this responsibility and serve our seniors in a new way by providing helpful and engaging content! Please feel free to send feedback, comments, ideas, etc. by writing to the address at the top of the page or by emailing me directly:

abender@monroecountypa.gov

Property Tax/Rent Rebate Program

As of January 21st, homeowners, renters, and some residents of personal care / nursing homes may be eligible for a rebate of up to \$1,000 on their paid taxes or rent. Applicants must be 65 or older, widows/widowers 50 or older, or 18 or older with a disability. The money issued is based on the applicant's annual income, which must have been \$45,000 or less in 2024:

Income	Maximum Rebate
\$0 - \$8,270	\$1,000
\$8,271 - \$15,510	\$770
\$15,511 - \$18,610	\$460
\$18,611 - \$46,520	\$380

You can apply online on pa.gov, or you can request an application to be sent to you by calling or emailing the Aging Office:

(570) 420-3735

monroeaging@monroecountypa.gov

Don't Get Hypothermia This Winter!

Older adults can lose body heat fast, and a chill can turn into a dangerous problem quickly. Doctors call this problem hypothermia. Being outside in the cold or being in a very cold house can cause hypothermia. For an older person, a body temperature colder than 95 degrees can cause health problems such as a heart attack, kidney problems, or liver damage.

Some early signs of hypothermia:

- Cold feet and hands
- Puffy/swollen face
- Slower speech



Some later signs of hypothermia:

- Moving slowly / trouble walking
- Slow heartbeat
- Slow, shallow breathing

Talk with your doctor about how to stay safe in cold weather.

February is Low Vision Awareness Month

Many people experience a decline or loss in their eyesight as they age. This can cause feelings of isolation and helplessness. Luckily, our community has resources to help:

Sights for Hope is a United Way agency in Stroudsburg serving Monroe County's visually impaired and blind individuals by providing free social services, such as escorted transportation for essential needs and assistance with chores like writing checks, reading correspondence, and labeling and organizing household items. The agency also offers support group sessions and life skills classes that provide discussions on issues related to vision loss, adaptive ways of handling household tasks, and navigating inside and outside the home. Their low-vision outlet store is open to the public and sells helpful products such as talking watches and clocks, large-numbered phones, and magnifiers at a reduced price. Limited free vision screenings are available. Their phone number is **(570) 992-7787**.

Our **local libraries** offer large print books and audiobooks, and the Hughes Library in Stroudsburg has a book machine. The Hughes Library's phone number is **(570) 421-0800**.

The **Library of Accessible Media for Pennsylvanians (LAMP)** ships books in accessible formats like braille, audio, and large print directly to patrons across PA, all for free. Their phone number is **(215) 683-3213**.

Handmade Quilt Raffle

Help our local senior center raise funds for activities, entertainment, and events!



Loder Center Quilters, a group that meets on Tuesday mornings, has created and donated a beautiful quilt to be raffled off in April. The quilt is 75" x 75" square. To take a chance on winning this work of art, please complete the ticket below and send it to or drop it off at the Monroe County Area Agency on Aging (address on ticket).

HANDMADE QUILT RAFFLE

FUNDS RECEIVED ARE FOR THE LODER SENIOR CENTER

WINNER WILL BE CHOSEN ON TUESDAY, APRIL 1st

Name: _____

_____ of chances x \$5 = _____

Mailing Address _____

City _____ State _____ ZIP _____

Phone _____ Email _____

Checks can be sent along with this ticket to the **Monroe County Area Agency on Aging, 724 Phillips Street, Suite 102, Stroudsburg, PA 18360.**

WISH LIST DONATIONS ACCEPTED AT ALL SENIOR CENTERS

- Arts & Crafts Supplies — Felt/Quilting Material — Clothes Pins & Golf Tees
- Yarn, Ribbon, Beads, & Buttons — Glue Guns & Sticks — Knitting Looms & Needles
- Crochet Hooks — Scissors — Construction Paper & Clear Contact — Straws
- Popsicle Sticks — Complete Jigsaw Puzzles — New Tube Socks — Poly-Fil Stuffing
- Acrylic Paints, Brushes, & Blank Canvases — Carbon Paper — Cricut — Toiletries
- Adult Coloring Books — Paperware & Party Goods — Holiday Decorations

Monroe County Senior Centers

Loder Senior Center 62 Analomink Street, East Stroudsburg (570) 420-3745 Mon.-Fri. 9am-2pm Manager: Mara Cruz	For meal reservations, call 1 day in advance by 10am. (For JRC only, reserve by Sunday for Thursday.) Lunch donation: \$1.50	Barrett Senior Center 6683 Route 191, Cresco (570) 481-4330 Mon. Wed. Fri. 8am-1pm Managers: Liz Kenneally & Tanya Lutin
Chestnuthill Senior Center 1919 Route 209, Brodheads ville (570) 242-6770 Wed. & Fri. 9am-2pm Manager: Donna Riedel	Mountain Senior Center 354 Memorial Boulevard, Tobyhanna (570) 894-3272 x134 Tues. Thurs. Fri. 9am-2pm Manager: Liz Kenneally	Jewish Resource Center 1210 North 5th Street, Stroudsburg (570) 517-0815 Thursdays 10am-3pm Manager: Maggie Augugliaro

Senior Center Menu for February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2/3/25	2/4/25	2/5/25	2/6/25	2/7/25
Chicken Scampi over Brown Rice	Meatloaf	Honey Garlic Pork Loin	Spanish Chicken & Rice	Baked Ziti
Ham & Pickle Salad	Dilled Turkey Salad	Chicken Caesar Salad	Roast Beef & Cheddar	Egg Salad
2/10/25	2/11/25	2/12/25	2/13/25	2/14/25
Turkey Pot Pie	Pesto Basil Chicken	Roast Beef with Gravy	Sausage & Peppers over Egg Noodles	Baked Fish Thermidor over Brown Rice
Cran-Apple Chicken Salad	Ham & Swiss	Chicken Breast Sandwich	Turkey & Cheese	Garden Salad
2/17/25	2/18/25	2/19/25	2/20/25	2/21/25
All Senior Centers are closed!	Penne with Chicken in Vodka Sauce	Pork & Sauerkraut	Pot Roast	Spinach & Swiss Scrambled Eggs
	Turkey Salad	Taco Salad	Chicken Salad	Tuna Salad
2/24/25	2/25/25	2/26/25	2/27/25	2/28/25
BBQ Chicken Thigh	Baked Ham	Turkey Burger with Cheddar	Chicken Cacciatore	Pasta Primavera
Minced Ham Salad	Turkey Club	Italian Pasta Salad	Pork & Relish Sandwich	Egg Salad

Chestnuthill Senior Center will be hosting a **Valentine's Day event on February 14th from 10am-2pm!** There will be a crowning of a King and Queen, entertainment by The Lost Ramblers band, and lunch. Please make a meal reservation before 10:30am on February 13th by calling (570) 420-3745. Be sure to mention the event!



Health & Wellness Calendar for February 2025

All programs are open to the public. For further information on any programs and to make necessary reservations, call (570) 420-3746.

Blood pressure screenings will be available at the following locations:

Loder Senior Center: Mon. 2/3 at 10am

Chestnuthill Senior Center: Wed. 2/5 at 10am

Barrett Senior Center: Fri. 2/7 at 9:30am

Mountain Senior Center: Fri. 2/7 at 10:30am

(Screenings are provided by Brookmont Health & Rehab Center staff.)

Arthritis Foundation Exercise Class

Instructor: Debbie Lang, Pocono Family YMCA

Strengthen your muscles and increase your range of motion and flexibility. An ideal class for the first-time exerciser or those who have arthritis.

Mountain Senior Center: Tuesdays, 10am-11am

Barrett Senior Center: Wednesdays, 10am-11am

Loder Senior Center: Thursdays, 10am-11am

Pennsylvania Medicare Education and Decision Insight, (PA MEDI) is a health insurance assistance program offered through the Aging Office. **To schedule an appointment to discuss your Medicare concerns, call (570) 420-3735 and ask to speak with a Medicare counselor.** You will be able to schedule an appointment to meet with a counselor in-person at the Loder Senior Center or by phone for your convenience.

Seated Tai Chi for Arthritis

Instructor: Michelle Auster, MCAA

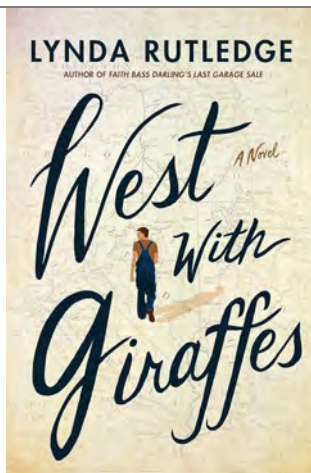
Adapted from Dr. Paul Lam's Tai Chi for Arthritis, this class enhances flexibility, muscle tone, and fitness, incorporating the essential Tai Chi principles while emphasizing breathing, posture, and space awareness, with the added benefit of stress reduction.

Loder Senior Center: 8 consecutive Wednesdays beginning February 12th, 10am-10:45am

Registration is required and space is limited to 12 attendees.

Exercise with YouTube!

Loder Senior Center and Chestnuthill Senior Center both offer varied classes in which participants watch and follow online exercise videos in a group setting. Examples of classes offered include Zumba and Walking in Place. Call the Loder Senior Center at (570) 420-3745 or the Chestnuthill Senior Center at (570) 242-6770 to find out what days/times/classes will be offered that week!



Reading Corner

West with Giraffes by Lynda Rutledge

In 1938, two giraffes are shipped across the Atlantic and arrive at a port in New York City, where they will board a truck and go on a cross-country road trip to the San Diego Zoo. Written in the same style as 'Water for Elephants', the narrator is a 105-year-old man who looks back on his life and recounts his incredible experiences on the road with the giraffes.

LIHEAP

The Low-Income Home Energy Assistance Program (LIHEAP) helps income-eligible families pay their heating bills by issuing a grant that does not need to be repaid. The one-time payment is sent directly to the utility company or fuel provider, and it will be credited on the bill (though in some cases, the check may be mailed to the applicant directly). Cash grants range from \$200-\$1,000 and are based on household size, income, and fuel type. LIHEAP also offers crisis grants for emergency situations—applicants can receive more than one crisis grant, as necessary, each season until the maximum benefit of \$1,000 is reached.

To apply, visit www.dhs.pa.gov/COMPASS or request an application by calling the Statewide LIHEAP hotline at 1-866-857-7095. You will need the names of people in your household, all dates of birth and SSNs, proof of income for all household members, and a recent heating bill.

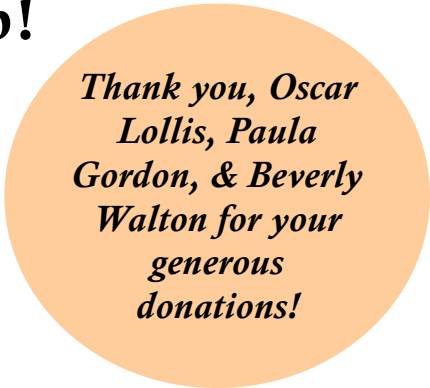
2024-2025 LIHEAP Income Requirements:

<i>Household Size</i>	<i>Income Limit</i>
1	\$22,590
2	\$30,660
3	\$38,730
4	\$46,800
5	\$54,870
6	\$62,940

We Need Your Help!

The mission of Support Services for Seniors is to promote the physical, mental, social, and emotional wellbeing 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 among us who are most in need. The names of all contributors are acknowledged in the Seniors' Express Times unless anonymity is requested.



Donation Coupon

Make your donation payable to: **Support Services for Seniors**

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

Name: _____

Amount of Donation: \$ _____

Address: _____

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

In Honor or Memory of: _____



needs volunteers!

RSVP (Retired and Senior Volunteer Program) is a volunteer program under the Monroe County Area Agency on Aging that invites individuals ages 55 and over to use their life experience and skills by answering the call of their neighbors in need. The program's goal is to keep seniors active and thriving while serving others.

Volunteers choose the service opportunities that best fit their passions, goals, and lifestyles. Currently, RSVP partners with 80+ organizations throughout Monroe County.

Opportunities include:

- Grocery shopping & delivery
- Medical transportation
- Friendly visitor/phone pal
- Veteran and military family programs
- School programs
- Clerical/office help
- PA MEDI (health insurance counseling)
- Personal care/nursing home visits
- ...and more!

Give our office a call to learn more about how you can impact your community. We look forward to hearing from you.

RSVP of Monroe County

411 Main Street, Suite 102B

Stroudsburg, PA 18360

(570) 420-3747

www.monroecountypa.gov/rsvp

rsvp@monroecountypa.gov

Those interested in receiving any of the above services must call the Monroe County Area Agency on Aging for a required referral: (570) 420-3735.

Valentine's Day Word Scramble

ROCMNAE

HATLOCECO

DOAER

DUPIC

TAFFENOIECAT

EVBEODL

NE BEIM

RALIDGN

RSTHEAETEW

TILFR

(Solution on Page 13)

MCAAAA SERVICE SPOTLIGHT

Caregiver Support Program

The **Caregiver Support Program (CSP)** works to ease the stresses of caregiving by focusing on the wellbeing of the caregiver.

The CSP provides resources and assistance to caregivers who are either:

- 55+ and caring for a related child or a related disabled adult
- Any age and caring for a functionally dependent individual aged 60 and older or an individual of any age with Alzheimer's Disease or a related disorder

The CSP provides eligible primary caregivers of functionally dependent individuals aged 60 and older with reimbursement for out-of-pocket costs associated with caregiving, such as respite care, incontinence supplies, and home modifications.

Grandparents and older relatives aged 55+ who are the primary caregivers for related children may be eligible to be reimbursed for day care, camps, seasonal clothing, school supplies, tutoring, and registration fees for school activities and sports.

It is important to note:

- The CSP is a reimbursement-based program, and an assessment will be completed to determine eligibility.
- The caregiver cannot be paid for providing care to the older adult.
- The caregiver must reside in PA or in an adjoining state.
- Reimbursement requests are due by the 10th of each month and can be submitted via email or postal mail.
- There is a maximum monthly reimbursement cap of up to \$600.

For more information or to inquire about a referral, please contact the **Monroe County Area Agency on Aging** at (570) 420-3735 or email monroeaging@monroecountypa.gov.

Technology Tip of the Month

Use a unique password for each of your accounts, and make sure they are strong by using at least 12 characters and a combination of uppercase and lowercase letters, numbers, and symbols. Never share a password with anyone or send it in an email. Consider using a password manager or writing your passwords down in a notebook kept in a safe place.

Obscure Holidays

There's always something to celebrate!

February 1	National Change Your Password Day
February 2	National Hedgehog Day
February 3	National Ice Cream for Breakfast Day
February 4	National Thank a Mail Carrier Day
February 5	National Chocolate Fondue Day
February 6	Pay a Compliment Day
February 7	National Send a Card to a Friend Day
February 8	Opera Day
February 9	National Read in the Bathtub Day
February 10	National Umbrella Day
February 11	National Make a Friend Day
February 12	National Lost Penny Day
February 13	National Apology Day
February 14	International Book Giving Day
February 15	World Hippo Day
February 16	National Caregivers Day
February 17	Nat'l Random Acts of Kindness Day
February 18	World Whale Day
February 19	Tug of War Day
February 20	National Love Your Pet Day
February 21	National Sticky Bun Day
February 22	Supermarket Employee Day
February 23	National Tootsie Roll Day
February 24	National Tortilla Chip Day
February 25	Quiet Day
February 26	Carpe Diem Day
February 27	Retro Day
February 28	Inconvenience Yourself Day

The Bookmobile visits the Loder Senior Center every other Thursday at noon! (February 6th & 20th)

Support Groups

Dementia Caregiver

When: Sat., Feb. 22nd, 10am-11:30am

Where: Hughes Library Boardroom
(1002 N. 9th Street in Stroudsburg)

When: Sat., Feb. 22nd, 1:15pm-2:45pm

Where: B.A.R.C.

(1200 Route 390 in Cresco)

Call Barbara: (570) 236-3380

Blindness & Visual Impairment

When: 1st Monday of the month, 10am

Where: Burnley Workshop
(4219 Manor Drive in Stroudsburg)

Call Sights for Hope: (570) 992-7787

Bereavement for Adults

When: Misc. Tuesdays, 10:30am-12pm

Where: The Elks Club
(260 Washington St. in E. Stroudsburg)

Call Ruth: (570) 242-3536

Bereavement

When: 2nd & 4th Monday, 3:30pm

Where: Friendly Community Center
(1200 Route 390 in Cresco)

Call Marilyn: (570) 481-4330

Grief Share

When: Sundays, 2pm-4pm

Where: Mount Eaton Church
(7277 Mount Eaton Rd. in Saylorsburg)

Call the church: (570) 992-7050

When: Wednesdays, 2pm-4pm

Where: The Church of St. Luke
(818 Main Street in Stroudsburg)

Call the church: (570) 421-9097

When: Thursdays, 5:30pm-6pm

Where: Stroud. Wesleyan Church
(915 N. 5th Street in Stroudsburg)

Call the church: (570) 421-0750

Alzheimer's Support Group

When: 2nd Monday of month, 5:30pm

Where: Shawnee Ridge Comm. Center
(200 Jersey Lane in E. Stroudsburg)

Call Jennifer: (570) 517-9292

Parkinson's Support Group

When: 3rd Friday of the month, 12pm

Where: Online via Zoom

Call Pam: (570) 422-3247

Wellness Initiative for Senior Education (WISE)

What is WISE?

WISE is a six-session, evidence-based wellness program for older adults offered by PennCares Support Services. It uses an interactive approach to help seniors celebrate aging, make positive lifestyle choices, and feel more confident and in-control of their lives. Session topics include medication use and misuse, stress management, healthy aging, depression, alcoholism, and prescription drug misuse.

How does it work?

During the lessons, participants are educated through interactive exercises that include small group discussion and projects. They are also given tools and resources on wellness and healthy aging. The program sessions are usually under two hours and take place twice a month over a three-month period.

Where will it be held?

WISE sessions will take place at the Monroe County Public Safety Center, 100 Gypsum Road, Stroudsburg.

When are the sessions?

Classes will begin at 9:30am and run for approx. 2 hours on the following dates:

Thursday, March 13th
 Thursday, March 27th
 Wednesday, April 9th
 Thursday, April 24th
 Wednesday, May 14th
 Thursday, May 29th

How do I sign up?

To RSVP for WISE, contact Alexandra at the Monroe County Area Agency on Aging via email at abender@monroecountypa.gov or by calling (570) 420-3735 during regular business hours. The program only has space for 35 attendees.

With gratitude for the grant issued to us by the Abeloff Foundation, which funds this program.

Staying Safe in 2025

IRS Impersonation Scams

Of the many scams targeting seniors today, IRS impersonation scams are especially prevalent. Scammers target older adults by pretending to be government officials, hoping to steal money and sensitive personal information. They contact their victims via phone, email, or text message and pressure them into immediate payment through unconventional methods such as wire transfers or gift cards.

Scammers use advanced techniques to fabricate their credibility. Some examples include manipulating their caller ID to appear legitimate; impersonating agencies such as the Social Security Administration, IRS, and Medicare; claiming urgent scenarios like outstanding debts or promises of rewards; and/or pressuring immediate action using threats of arrest, computer viruses, or license suspension.

Remember, the IRS will never:

- Demand immediate payment via prepaid debit cards, gift cards, or wire transfers
- Threaten to involve the police
- Request credit card numbers over the phone
- Demand payment without allowing opportunities to dispute or appeal an amount owed

The PA Office of the Attorney General's Consumer Protection Scam Line is 1-800-441-2555.

Helen G. Brown Award

On December 16th, the Monroe County Area Agency on Aging Advisory Council presented the Helen G. Brown Quality of Life Award to the 2023 recipient, Luz E. Gonzalez. The award is given annually by the Advisory Council to a person or organization that has contributed a program of excellence which enhances the quality of life for older adults residing in Monroe County.



Luz E. Gonzalez, 2023 Helen G. Brown Award recipient, with Todd Martin, retired Monroe County Sheriff

Luz E. Gonzalez offers free yoga classes at The Older Adult Learning Center (TOALC), Hughes Library, Middle Smithfield Library, Shirley Futch Senior Community, and Spring Village at Pocono. Her classes have a reputation of being consistently full. According to the many nominations received by the Council, Ms. Gonzalez not only shares her time and talent at no cost, but she knows every student by name and individually instructs each based on their level of ability. She is described as professional, caring, tireless,

generous, dynamic, inspirational, patient, and positive.

Ms. Gonzalez was a lawyer and worked for many years in Brooklyn, NY before retiring in 2019. During the pandemic, she decided to obtain certifications in yoga and movement after noticing mobility and loneliness issues in our community. She believes that access to wellness should be available to everyone, which is the reason why she teaches for free. She also attributes her commitment to her mission to being a cancer survivor.

The Monroe County Area Agency on Aging Advisory Council commends Ms. Gonzalez for her hard work, community awareness, and volunteerism.

Sudoku Puzzle

	8							4
	2		1	9		7		
		9	5		8		2	
3	9		8			4	6	
4		2		6		5		8
	6	8			2		1	7
	7		9		6	2		
		6		8	1		7	
9							4	

(Solution on Page 13)

Local Government Officials

Monroe County Commissioners:

John D. Christy, David C. Parker, and Sharon S. Laverdure

<p>Maureen Madden (D) State Representative, District 115 354 Memorial Boulevard, Room 4 Tobyhanna, PA 18466 TEL (570) 894-7905 FAX (570) 894-7906</p>	<p>Serving Barrett Township, Middle Smithfield Township (part, District West), Mount Pocono Borough, Paradise Township, Pocono Township, Price Township, and Stroud Township (part, Districts 02, 04, & 05)</p>
<p>Jack Rader, Jr. (R) State Representative, District 176 2785 Route 115, Suite 103, Effort, PA 18330 TEL (570) 620-4341 FAX (570) 620-4349</p>	<p>Serving Chestnuthill Township, Eldred Township, Hamilton Township, Jackson Township, Polk Township, Ross Township, Tobyhanna Township, and Tunkhannock Township</p>
<p>Tarah Probst (D) State Representative, District 189 18 South Ninth Street, Stroudsburg, PA 18360 TEL (570) 420-2850 FAX (570) 420-2854</p>	<p>Serving Delaware Water Gap Borough, East Stroudsburg Borough, Lehman Township, Middle Smithfield Township, Smithfield Township, and Stroud Township (part, Districts 01, 03, 06, & 07)</p>
<p>Rosemary M. Brown (R) State Senator, District 40 2398 Route 611, Suite 201, Scotrun, PA 18355 TEL (570) 620-4326</p>	<p>Serving Monroe County, Wayne County (part), and Lackawanna County (part)</p>

Thanks to our local representatives for their regular contributions of information to this newsletter!



SHARE Housing is an affordable housing choice that brings together home hosts who want to share their home with home seekers who are looking for housing in exchange for assistance with living expenses, help around the house, or a combination of both. Participants must be at least 18 years of age, and one of the individuals in the match must be over 60. Contact Kelly Foley at (570) 832-0538.

Retired seniors whose annual income does not exceed \$29,600 qualify for a reduced vehicle registration fee of \$11. Refer to the letter sent to you by PennDOT for your registration's due date. For an application, contact the Snyder'sville DMV at (717) 412-5300 or the Area Agency on Aging at (570) 420-3735.



Question of the Month

I can't get around like I used to. How can I get help with my grocery shopping?

Leslie Dinkleberry, Brodheads ville

The Aging Office's RSVP volunteer program offers a grocery shopping service! For a referral, call the Monroe County Area Agency on Aging at (570) 420-3735.

Do you have a question? Send it to:
 abender@monroecountypa.gov

or

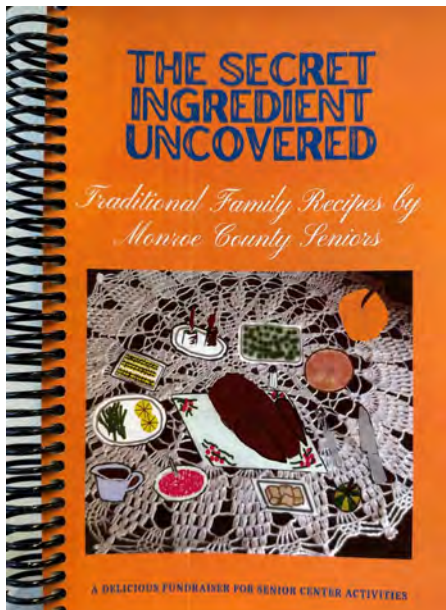
Monroe County Area Agency on Aging
 Attn: Alexandra Bender
 724 Phillips Street, Suite 102
 Stroudsburg, PA 18360

Please send your question by February 10th!



The Lions Club is collecting used prescription glasses.

The drop-off box is located in the lobby at Pocono Eye Associates (300 Plaza Ct., Suite A, East Stroudsburg) and at the RSVP office (411 Main Street, Suite 102B, Stroudsburg).



Monroe County Senior Centers' Cookbook Fundraiser
\$5/each

Visit the Monroe County Area Agency on Aging (724 Phillips St., Suite 102, Stroudsburg) or the Loder Senior Center (62 Analomink St., East Stroudsburg) to pick up your copy!

Valentine's Day Word Scramble Solution:

ROMANCE; CHOCOLATE; ADORE; CUPID; AFFECTIONATE; BELOVED; BE MINE; DARLING; SWEETHEART; FLIRT

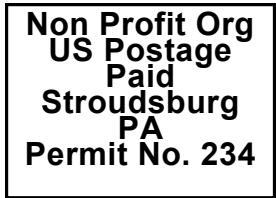
Sudoku Puzzle Solution

7	8	5	6	2	3	1	9	4
6	2	3	1	9	4	7	8	5
1	4	9	5	7	8	6	2	3
3	9	7	8	1	5	4	6	2
4	1	2	7	6	9	5	3	8
5	6	8	3	4	2	9	1	7
8	7	4	9	3	6	2	5	1
2	5	6	4	8	1	3	7	9
9	3	1	2	5	7	8	4	6

SUPPORT SERVICES FOR SENIORS

724 Phillips Street
Suite 102
Stroudsburg, PA 18360

Return Service Requested



THE MONROE COUNTY SENIORS' EXPRESS TIMES is published monthly by Support Services for Seniors and the Monroe County Area Agency on Aging. **Support Services for Seniors** is a 501(c)(3) 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 wellbeing of older adults by providing services that empower older adults to attain or maintain independence and self-care. The organization works closely with the **Monroe County Area Agency on Aging** to: investigate and identify the long-range needs of older adults in the Pocono area; develop outreach activities which will inform the Pocono area older adults of available services, benefits, and opportunities; publish and fund the distribution of the Seniors' Express Times, a monthly newsletter with an emphasis on Aging issues; and to raise funds to support the objectives of the organization.

All editorial comments, requests, questions, or articles for submission should be addressed to: **Monroe County Area Agency on Aging, Attn: Alexandra Bender, 724 Phillips Street, Suite 102, Stroudsburg, PA 18360**, or emailed to: **abender@monroecountypa.gov**.

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