



Monroe County Seniors' Express Times

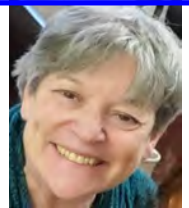
Monroe County PA Area Agency on Aging
724 Phillips St Suite 102 Stroudsburg PA 18360

Volume 16 Issue 10



OCTOBER 2024

A Word From The Editor *Merle Turitz*



I do love a good garage sale! Last week, two great yard sales in East-burg really made my day! Great prices, motivated sellers and quality items. I picked up a book for a dollar and haven't put it down since! It's called "Supermarket Survival Guide: Eat This, Not That" by David Zincenko.

Over 300 pages filled with food swaps to save calories, fat, sugar & sodium and cut through all the marketing gobbledy-gook. It's not a diet book where you have to cut out all your favorite foods, but instead arms you with tools to stroll the aisles of the supermarket and make better choices. Here are some choice tid bits: I love Pillsbury Grands for Sunday mornings breakfast. But if I switch out the Grands (190 Calories, 9g fat, 550 mg sodium) for an equally delicious Pillsbury Golden Layers Honey Butter Biscuit (110 calories, 4.5 fat, 290 mg sodium) I get all the flavor in a healthier package. For an occasional treat, swapping out Little Debbie Donut Sticks (230 calories, 14 g fat and 15 g sugars) with Hostess Streusel Cake Cinnamon (170 calories, 6 g fat, 20 g sugar), while still high in sugar, we can greatly reduce the fat. Hungry Jack Complete Buttermilk pancake mix (150 calories, 1.5 fat, 7 g sugar) replaces Krusteaz Belgian Waffle Mix with 400 calories, 4 g fat with 12 sugars. Easy substitutions, like Kraft Olive Oil Mayo vs. Kraft Real, with half the calories, less than half the fat. How about choosing a Less Sodium Soy Sauce with 575 mg vs. a full version with 1160 mg. Welch's reduced sugar concord jelly has 20 calories and 5 grams sugar while Smucker's squeeze grape jelly has 50 calories and 12 g sugar. Look at Progresso Red Clam sauce (60 calories, 1 gr fat and 350 sodium) vs its white clam sauce (130 calories, 10 gr fat and 880 mg sodium). Motts No Sugar added apple sauce in cups (50 calories, no fat and 11 gr sugar) vs. it's own Original Apple Sauce with twice the calories and twice the sugars. This book explains the deceptive marketing tools that make it seem like you are eating a healthier choice but often there is little regulation behind the words like Organic, Free-Range, Raised without Antibiotics, USDA Choice, Product of USA or All Natural. I could go on and on, but I know I will be making better choices next shopping trip!

Here's some great ideas I picked up from the Senior Expo for those of you looking to expand your horizons:

SkillUp PA is PA's new online learning platform for FREE online job skills. Register through PA Career Link

For those with Hearing loss, get a FREE Caption read-out telephone through Hamilton and see your conversations and voicemails. Call 888-225-9211 for more information and qualifications.

PA Treasury wants to returned more than \$4.5 billion in unclaimed property, uncashed checks, dormant bank accounts, travelers checks, & more to its rightful owners. Call 800-222-2046 or go to patreasury.gov/unclaimed-property. Let me know if you find some! My son is listed with \$100 he never cashed.

PA School Bus Law—stop at least 10 feet away from school bus with red flashers on and do not go until all children have reached a place of safety.

Did you know that even if you are on the DO NOT CALL list (1-888-777-3406), there are exceptions: businesses with a 12 month established relationship with you, tax exempt, veteran and political organizations all can call.

Yellow Dot program notifies emergency responders that there is vital medical information in your glovebox, should you fall unconscious or unable to communicate after a car accident. Contact DOT, Aging, local state officials for pamphlets.

Libby & Hoopla free library apps can be downloaded to your devices and work with our local library. Never be late with a return book. Also PA residents can get a free PHILA FREE Library card for more reading options.

National Library of the Blind is a free library service for people with low vision/blind issues or other reading disabilities. Apply for services at 1-888-NLS-READ or at www.loc.gov/thataillmayread

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, should be addressed to Support Services for Seniors, Seniors' Express Times, Editor, 724 Phillips Street, Suite 102, Stroudsburg, PA 18360



Thank You to our United Way Day of Caring Volunteers for painting our benches & steps!



The Monroe County Area Agency on Aging

724 Phillips Street, Suite 102, Stroudsburg, PA 18360 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 * 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* Chachkas for Bingo prizes

Thank you to those who have dropped off donations anonymously!

PROPERTY TAX/RENT REBATE APPLICATION DEADLINE EXTENSION

DECEMBER 31

<http://revenue.pa.gov/ptrr>




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

Veterans do not need to be a member of the American Legion to receive these services.

Visit SenatorBrown40.com for additional information.

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, and license applications.

Working for YOU!

The 2024-2025 state budget invests in a better future for all Pennsylvanians! We were able to increase funding for our schools, child care services, housing initiatives and mental health services. We're creating jobs and supporting our communities – and the small, local businesses that create the jobs. And we did it all without new taxes or raising taxes. We secured \$75 million in increased funding for the care of seniors and adults with disabilities living in skilled nursing facilities. As well as \$1.9 million to create the first Alzheimer's Disease and Related Disorders Division within the PA Department of Aging.

18 S Ninth Street Suite 105 Stroudsburg PA 18360 570-420-2850



State Rep. **JACK RADER** invites you to His

SIXTH ANNUAL SHREDDING / FALL CLEAN UP DAY!

Saturday **OCT. 19** | **POCONO RACEWAY**
1234 Long Pond Road Long Pond, PA 18334
10 a.m. to 1 p.m.

Shred sensitive paperwork. Dispose of old tires. Drop off expired prescription drugs. Also collecting cell phones, slightly used books and glasses/sunglasses. Free license plate replacement service available, but registration required at RepRader.com/events or call 570-643-7683 to provide plate and title numbers.



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



PA NAVIGATE—CONNECTING YOU WITH SOCIAL SERVICES BY ZIP CODE

<http://www.pa-navigate.org/> [pa-navigate.org]

PA Navigate is a web-based platform for connecting residents with social services to keep them healthy, engaged in their communities, and to remain at home while they age.

FROM USA TODAY

The Electoral College consists of 538 electoral votes, which are distributed amongst each state. Washington, D.C. also has three electoral votes.

A candidate needs to receive at least 270 electoral votes to win the U.S. presidency. The # of electoral votes each state has is determined by adding the number of the U.S. Representatives members and their two U.S. Senators.

A state's number of congressional districts is based on the latest Census, which was conducted in 2020.

What is the Electoral College?

(From the National Archives) The Electoral College is a process, not a place. The Founding Fathers established it in the Constitution, in part, as a compromise between the election of the President by a vote in Congress and election of the President by a popular vote of qualified citizens.

The Electoral College process consists of the selection of the electors, the meeting of the electors where they vote for President and Vice President, and the counting of the electoral votes by Congress...

Each candidate running for President in your State has their own group of electors (known as a slate). The slates are generally chosen by the candidate's political party in your State, but State laws vary on how the electors are selected and what their responsibilities are.

The general election is held every four years on the Tuesday after the first Monday in November. When you vote for a Presidential candidate you are actually voting for your candidate's preferred electors.

Most States have a "winner-take-all" system that awards all electors to the Presidential candidate who wins the State's popular vote. However, Maine and Nebraska each have a variation of "proportional representation."

After the general election, your State's Executive prepares a Certificate of Ascertainment listing the names of all the individuals on the slates for each candidate. The Certificate of Ascertainment also lists the number of votes each individual received and shows which individuals were appointed as your State's electors. Your State's Certificate of Ascertainment is sent to NARA as part of the official records of the Presidential election.

The meeting of the electors takes place on the first Tuesday after the second Wednesday in December after the general election. The electors meet in their respective States, where they cast their votes for President and Vice President on separate ballots. Your State's electors' votes are recorded on a Certificate of Vote, which is prepared at the meeting by the electors. Your State's Certificate of Vote is sent to Congress, where the votes are counted, and to NARA, as part of the official records of the Presidential election.

Each State's electoral votes are counted in a joint session of Congress on the 6th of January in the year following the meeting of the electors. Members of the House and Senate meet in the House Chamber to conduct the official count of electoral votes. The Vice President of the United States, as President of the Senate, presides over the count in a strictly ministerial manner and announces the results of the vote. The President of the Senate then declares which persons, if any, have been elected President and Vice President of the United States.

The President-elect takes the oath of office and is sworn in as President of the United States on January 20th in the year following the general

GET READY TO VOTE

- General Elections is November 5.
- Polls open from 7 a.m. to 8 p.m.
- Voting is available in-person or by mail.
- Oct. 21 is the last day to register to vote
- Oct 29 is the last day to apply for a mail-in or absentee ballot
- Nov 5 (by 8:00 p.m.) is the last day mail-in and absentee ballots can be received.
- Visit the Department of State's Website for more information or to apply for a mail-in or absentee ballot. PA STATE LINK: [Voting & Elections Resources](#)
[| Department of State | Commonwealth of Pennsylvania](#)



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

SAVE THE DATE

PSFC
Hope. Within Reach.
Pocono Services for Families & Children
Monroe County 1600 Start
(570) 431-2711 | (570) 864-3272 | psfc.org

UPCOMING EVENTS

COMMUNITY SUMMER FAIR 10AM - 5PM JUN 29	PSFC GOLF TOURNAMENT POCONO MANOR 9AM START SEPT 23
PSFC ANNUAL BREAKFAST MOUNTAIN CENTER 9-10 AM OCT 28	BRIDGE THE GAP FOR EARLY EDUCATION GALA- PSFC 60TH ANNIVERSARY TBD MAY 2025

WWW.PSFC.ORG/EVENTS

ReStore
Monroe County Habitat for Humanity

Habitat ReStore Now Open!

Visit the ReStore!
The ReStore is a home improvement store and donation center operated by Monroe County Habitat for Humanity. We are located at 2610 Milford Rd. East Stroudsburg, PA.

Shop, Donate, and Volunteer!
At the ReStore, you can shop, donate, and volunteer! We have a changing variety of quality new and preowned items. Your donations and purchases will allow us to help more homeowners achieve the strength, stability, and self-reliance they need to build better lives for themselves - and all money spent in the ReStore stays in Monroe County!

2610 Milford Rd. East Stroudsburg, PA 18301 • (570) 534-4220 • habitatmc.com

PA Dept of Agriculture Farmer Market Voucher program: We have run out of vouchers to distribute but continue to request more each week. Applications must be completed by the end of Sept but **vouchers can be redeemed up to the end of Nov.** Find a local Farmer Market by using the PA FMNP MARKET LOCATOR APP found on Google Play or the APP Store. [PA FMNP Market Locator - Apps on Google Play](#)

THIS IS A STATE PROGRAM so vouchers can be used at any State Approved Farmers Market across Pennsylvania. **DON'T LEAVE \$50 BEHIND!!**

PLEASE REDEEM YOUR VOUCHERS!!

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.

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Senior Center Menu for OCTOBER 2024 Hot/Cold

Monday 30	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
Turkey Tetrazzini [^]	Pig Casserole	Unstuffed [^] Chicken	Baked Ham	Egg Scramble
Pork/Relish Sand	Chick Cesar Salad	Turkey Salad	Chicken Salad	Tuna Salad
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
Beef Tips Mushroom	Chick Cacciatore	Rosemary Garlic Pork	Chicken Scampi	Baked Ziti
<i>Chicken Breast BLT</i>	<i>Pasta Salad</i>	<i>Taco Salad</i>	<i>Minced Ham Salad</i>	Garden Salad
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
Roasted Chicken Thigh	Pasta Fagioli [^]	Spaghetti & Meatballs	Turkey Pot Pie [^]	Baked Fish Piccata
<i>Chef Salad</i>	<i>Turkey Salad</i>	<i>CranApple ChickSalad</i>	<i>Rst Beef & Cheddar</i>	Egg Salad
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Pierogi [^] with Onions	Turkey Bean Chili	Bruschetta Chicken	Roast Beef w/ Gravy	Cheesy (Cheddar) Tuna
<i>Ham & Swiss Sandwich</i>	<i>Pork & Relish</i>	<i>Turkey & Cheese</i>	<i>Chicken Sandwich</i>	Spinach Salad
Monday 28	Tuesday 29	Wednesday 30	Thursday 31	
Salisbury Steak	Sausage Calabrese	Vegetable Lo Mein [^]	Balsamic Chicken	
<i>Chicken Salad</i>	<i>Turkey Salad</i>	<i>Roast Beef & Cheddar</i>	<i>Salami & Mozzarella</i>	

MONROE SENIOR CENTERS

<p><u>Loder Senior Center</u> 62 Analomink Street East Stroudsburg 570-420-3745 Mon – Fri 9:00 – 2:00 Mara Cruz ~ Manager Michele Auster—Aide</p>	<p><u>Mountain Senior Center</u> 354 Memorial Boulevard Tobyhanna 570-894-3272 x134 Tues, Thurs & Fridays 9:00—2:00 Liz Kenneally ~ Manager</p>	<p><u>Barret Senior Center</u> The Friendly Comm. Ctr 6683 Route 191 Mountainhome 570-481-4330 Mon, Wed & Fri 8:00 – 1:00 Tanya Lutin ~ Manager</p>
<p><u>Chestnuthill Sr Center</u> 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. For JRC only, reserve by <u>Sunday for Thurs.</u> Lunch Donation \$1.50</p>	<p><u>Jewish Resource Center</u> 1210 N. Fifth Street Stroudsburg 570-517-0815 Thursdays 10:00 – 3:00 Maggie Augugliaro— Manager</p>

WE WILL BE CLOSED FOR Columbus Day Oct 14

The Bookmobile makes a stop at Loder Center every other Thursday at Noon! Stop By!!



**NEXT STOPS— THURSDAYS
 Oct 3, Oct 17 & Oct 31 at NOON**

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.

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 _____

REBUS PUZZLE ANSWERS:

Domino	Forget It	Long Underwear	Tuesday
A Step Backwards	Tuna Fish	Robinhood	West Indies
An After Thought	Head over heels in love	Go for it	
Half Hearted	Too Funny For Words		

**Stroudsburg School District
2023 Property Tax Rebate
Deadline Extended until
December 31st, 2024**



SHARE Housing is an affordable housing choice that brings together homeowners who want to share their home with home seekers who are looking for housing in exchange for contribution to household expenses, help around the house, or a combination of both. The home seeker receives their own bedroom and agreed upon use of the common areas. Every arrangement is unique depending on the needs, preferences, and abilities of the participants involved. Anyone over 18 is eligible, one participant must be over age 60. If you are interested in SHARE Housing, please reach out to Kelly Foley at 570-832-0538 or kfoley@pikepa.org

STAY POSITIVE

Studies show your attitude about aging matters: looking forward to getting old can add 7 years to your life.

bluezones.com



ANY PHILATELISTS OUT THERE??

One of our favorite seniors living in the Bartonsville Area is downsizing her home and found a large size stamp collection among the treasures. She would like to give the whole collection (lots of loose stamps and assorted envelopes) to someone that would appreciate the collection.

If you or someone you know would be interested, please call Merle at the Loder Building (570-420-3726) and I will refer you to our reader. Thank you.



WHEN AN ITALIAN WEDDING AND IRISH FUNERAL GET BOOKED AT THE SAME TIME ALL HELL BREAKS LOOSE!

COLD FEET

WORLD PREMIERE COMEDY
OCTOBER 12-29, 2024

WINNER OF THE 2023/2024 SOPS FULL LENGTH FESTIVAL

Shawnee RELAYHOUSE

JOHN BRADLEY, SALLY HENDEE, THOMAS RUSSO, SARAH MCCARROLL, RACHEL MCDANIEL

Save The Date - October 10

That's when the 2025 Social Security Cost-of-Living Adjustment will be announced

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

Uniting Neighbors. Supporting Well-Being. Enriching Lives

Shawnee RELAYHOUSE

12 Angry Jurors

BY REGINALD ROSE
STAGE VERSION BY SHEWAN L. GIBBS

DIRECTOR
GILLIAN TURNER

CAST
LUKE SWIERCZEK, BRIAN BOLLINGER, DAN EASH, RACHEL MCDANIEL, RYAN COOK, MIKE DUFFY, LOREE FRY, IAN MORALES, ELIOT TOMLINSON, JOE KELLEY, PATRICK TURNER, ANN LEHMAN, KATHY FISHER, JAMIL SAIGH, RAFAEL FONTONES.

OCTOBER 4-6, 2024

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

Governor Josh Shapiro recently joined U.S. Department of the Treasury Secretary Janet Yellen, leaders from the Pennsylvania Department of Revenue (DOR), Representative Brendan Boyle, and Representative Mary Gay Scanlon to announce that Pennsylvania will join IRS Direct File for filing season 2025, ensuring people have access to a free, easy-to-use online tool when they file their federal taxes next year. Direct File will build on myPATH, Pennsylvania's free tool to file state income taxes and apply for tax cuts like the Property Tax/Rent Rebate.



Would you like to see AGING bring back the Senior Spelling Bee?

Would you be interested in participating in a Senior Spelling Bee?

Please call Merle at 570-420-3726 if you would:

- Bee interested in participating as a speller
- Bee interested in helping as part of the program

Monroe County Transit Authority
POCONO PONY

www.goMCTA.com
Monroe County Transit Authority
P. O. Box 339 | Scotrun, PA 18355

CALL TONY AT 570 839 6282 X 425

Pony Trails 2024

Fall Excursions

RESERVE BY OCT 10

Salute to our Veterans
Silver Birches
THURSDAY, NOVEMBER 14

An Elvis Christmas Show
Penn's Peak
WEDNESDAY, DECEMBER 4

Christkindlmarkt
Bethlehem
THURSDAY, DECEMBER 5

RESERVE BY NOV 6



RSVP CORNER

Dina Gallagher, RSVP Correspondent
The PATH to Self-Sufficiency



As the saying goes...If you give a woman a fish, you feed her for a day. If you teach a woman to fish, you feed her for a lifetime.

This is what Pocono Area Transition Housing (PATH) is all about. At PATH, an AmeriCorps Senior/RSVP Community Partner, they strive to reach out and teach their residents the skills they need so that they can take care of themselves and their children in a self-sufficient and independent manner – also so that their children will learn to do the same.

According to Kandia Palmer, Executive Director and AmeriCorps Senior/RSVP Advisory Council Member, “Since 1990, PATH has provided crucial, temporary shelter for over 532 families with 949 children that have lost their homes and are trying to build stable, productive lives. Within the safe haven of PATH, over 229,323 people have spent nights under our roof.”

PATH strives to provide safe shelter and a comprehensive, holistic approach to homelessness. Living at the PATH House means participating in the PATH Program where families establish goals and identify objectives leading to success for each family. Through skill building in money management, parenting and personal responsibility; residents learn valuable tools that translate to positive results. The average family stays at the PATH house for four to six months. Budgeting and income stabilization are also addressed. Families who successfully complete the PATH Program have the needed skills and support to be self-sufficient and live independently. PATH staff are available to provide support 24 hours a day. A case manager works with clients to identify their needs and help them attain their goals. After the family has moved through, and out of, the program, follow-up visits are planned for continued success.

AmeriCorps Seniors/RSVP supports PATH's mission by providing volunteers to help.

Do you have a few hours per month to volunteer at PATH? PATH Houses (in Stroudsburg) are in daily need of on-site volunteers to answer the phones, log-in visitors, sort mail, take phone applications from potential residents, and in general, support guests on their path to self-sufficiency. The on-site duties are simple but important. Volunteering even a few hours a month will help fill their schedule so staff can spend more time helping residents. Your contribution is invaluable. PATH uses volunteers Monday through Friday with two shifts: 9am to 1 pm and 1 to 5 pm. We'd really appreciate your help.

Interested in joining RSVP and helping with the PATH program? There are also additional volunteer opportunities to help the community. Please call the RSVP office at 570-420-3747.

THE HELEN G. BROWN QUALITY OF LIFE AWARD

In recognition of Helen Brown's Outstanding Achievements in the Community.

In memory of Helen G. Brown, family, friends and the MC Area Agency on Aging have established the Helen G. Brown Award. This award is given annually by the MCAAAA Advisory Council to a person or organization that has contributed to a program of excellence which enhances the quality of life of our Senior Citizens.

Helen retired as Assistant Dean of Women in 1975, Health & Physical Education teacher, Director of Recreation, and Coordinator of Outdoor Education at East Stroudsburg University. After that, she devoted herself to many volunteer efforts in the community and was well known for her lectures and books, with all proceeds donated to the Retired and Senior Volunteer Program.

To nominate an individual or organization for this award, the contribution must be to a program of excellence which enhances the quality of life of MC Senior Citizens. The award will be announced and presented at the December meeting of the MCAAAA Advisory Council.

ELIGIBLE CRITERIA FOR NOMINATIONS: Monroe County Resident or Group, with the significant contribution between 1/1/23 through 12/31/23. There is no age limitation for the nominee. Deadline submission by October 31, 2024. A Program of Excellence must be established on a volunteer basis.

NOMINATION FORM SHOULD BE MAILED TO: MCAAAA Advisory Council 724 Phillips St Suite 102
Stroudsburg, PA 18360

NOMINATION FORM FOR THE HELEN G BROWN QUALITY OF LIFE AWARD 2024

Date of Application _____

Nominee Name: _____

Nominee Address: _____

City/State/Zip _____

Daytime Phone # _____

Submitted By: _____ Phone # _____

Description of Service & Reason for Nomination: _____





Health and Wellness Calendar

OCTOBER 2024



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

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

PA Medicare Education and Decision Insight: PA MEDI is the State Health Insurance Assistance Program. To schedule an appointment for your Medicare concerns, please call 570-420-3735. Meet in person at the Loder Senior Center, by phone or virtually for



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.

Exercise with YouTube online classes at Loder or Chestnuthill Centers. Classes and times vary
Loder 570-420-3745 or Chestnuthill 570-242-6770

Questions about your Medicare?

We are here to **HELP**

Call the PA MEDI Helpline, Monday - Friday, 8AM - 5PM

1-800-783-7067

Open Enrollment Dates



Join, switch or drop Medicare Advantage or Prescription Drug Plans.

CALL MONROE COUNTY AGING
Beginning Sept. 16
Limited Appointments Available.

570-420-3735

OPEN ENROLLMENT
begins October 15.

Understanding Medicare can be difficult.

PA MEDI counselors are specially trained staff and volunteers who can answer your questions and provide you with nonbiased, objective, easy-to-understand information about Medicare.

They can help you:

- Make informed choices about Medicare coverage options, Medigap policies and Medicare Advantage Plans
- Understand Medicare eligibility & enrollment
- Understand what services are covered under Medicare Parts A and B and your Medicare Summary Notice
- Understand your Medicare Prescription Drug (Part D) benefit
- Apply for Medicare Savings Programs to save you money... and more!



PA MEDI is a program of the Pennsylvania Department of Health, Department of Health and Human Services, Harrisburg, PA 17103. PA MEDI is a non-profit organization and is not affiliated with any government agency. PA MEDI is a non-profit organization and is not affiliated with any government agency. PA MEDI is a non-profit organization and is not affiliated with any government agency.



Blood Pressure Screenings will be available at the following senior center locations:

Screenings provided by staff from Brookmont Health & Rehabilitation Center.

Chestnuthill: Wed 10-2 10:00 a.m.

Loder: Mon 10-7 10:00 a.m.

Barrett : Fri 10-11 9:00 a.m.

Mountain : Fri 10-11 10:15 a.m.

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

**SPECIAL
AUTUMN
PRICING!**

SEEKING DONATIONS OF PAPER & PLASTIC PRODUCTS



Our local Seniors love to be served 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!**

CORKS & CLASSICS



FUNDRAISER TO BENEFIT THE EASTERN MONROE PUBLIC LIBRARY @RENEGADE WINERY

**WEDNESDAY
OCTOBER 2, 2024
6:00 PM - 8:00 PM**

\$25



Scan the QR code to purchase your tickets now!
Tickets are also available at the Hughes Library.

*Ticket includes: One glass of wine, one door prize ticket, five raffle tickets, and food tasting.

thank you

JOIN US FOR Free Chair Yoga



THURSDAYS 11 am

The Jewish Resource Center of the Poconos.
1210 North Fifth Street, Stroudsburg

ALL ARE WELCOME

To reserve your spot, please contact Maggie
570-517-0815 x12 or Maggie@poconojrc.org

In collaboration with the JCC of Scranton
and Jewish Federation of Northeastern Pennsylvania.

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



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.



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



SUPPORT SERVICES FOR SENIORS

724 Phillips Street
Suite 102
Stroudsburg, PA 18360

Return Service Requested

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Stroudsburg PA
Permit No. 234

Medicare Annual Open Enrollment
October 15th – December 7th

The Medicare Annual Open Enrollment Period will be from October 15th to December 7th. During this period each year, Medicare beneficiaries can join, switch or drop their Medicare Part D or Medicare Advantage coverage.

Medicare Part D and Medicare Advantage plans change the coverage and costs each year, so it is important to review your plan and compare it to others on the market that are available to Monroe County residents.

Pennsylvania Medicare Education and Decision Insight, PA MEDI, a health insurance counseling program for Medicare beneficiaries residing in Pennsylvania, will have counselors available during the entire Annual Open Enrollment Period. These unbiased and friendly counselors will help you understand your options in comparing Part D and Medicare Advantage plans at the following locations in the community. This counseling is free. (Senior Centers in East Stroudsburg, Brodheads ville, Tobyhanna, and Cresco)

To schedule an appointment, please call The Monroe County Area Agency on Aging at 570-420-3735 (Appointments for the Annual Open Enrollment will be taken beginning September 16th.)

REBUS PUZZLES—What common phrases or words are symbolized below!



Get it
Get it wear
Get it long
Get it
222 Day

TAKE A PETS
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Funny Funny
Words Words
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