

Monroe County Seniors' Express Times

Monroe County Area Agency on Aging

724 Phillips Street, Suite 102, Stroudsburg, PA 18360

(570) 420-3735

monroeaging@monroecountypa.gov



Volume XVII Issue III

March 2025

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Do you have ideas, questions, comments, or feedback?

**Email the editor at
abender@
monroecountypa.gov**

Visit our website:



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

Follow us on Facebook:



www.facebook.com/MCPAAAA

Wellness Initiative for Senior Education (WISE)

What is WISE?

WISE is a **FREE** 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.

The Yellow Dot Program was created to assist citizens following a traffic accident when they may not be able to communicate their needs themselves. The decal alerts first responders to check the vehicle's glove compartment for vital information so adequate medical attention is given. Participants complete a personal information form, attach to the front a photo showing only their head and shoulders, and leave them in a folder inside the glove box. The sticker is placed in the lower-left hand corner of the vehicle's rearview window.

To obtain a Yellow Dot kit, visit or call the MCAAA office.



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.



On February 14th, the Chestnuthill Senior Center hosted a Valentine's Day party! Our seniors enjoyed delicious food, live music by the Lost Ramblers, and the crowning of a Valentine's King and Queen.



Staying Safe in 2025

Credit Card Skimmers

Credit card skimming is a scam in which a card reader has been tampered with. Scammers install hardware inside a business's card reader that has the potential to steal sensitive information such as the card's number and PIN. This can happen anywhere with a credit card reader, and it has been known to occur most frequently at ATMs, gas stations, and restaurants. Card skimmers can be hard to detect, even at close inspection, and this makes them a particularly frightening scam. Business owners often do not know a card skimmer has been installed until theft has been reported.

Although this scam is especially difficult to avoid, there are ways for consumers to be cautious and aware:

- Pay attention to signs of meddling, such as any part of the machine that looks loose, scratched, broken, or damaged.
- Try to avoid using self-checkouts and ATMs (particularly ATMs at convenience stores; banks frequently inspect their own ATM machines for safety).
- If your card has the Tap to Pay option, use that method instead of sliding or inserting the card. Your card is capable of Tap to Pay if it has this icon on its front or back:



- If possible, don't use debit cards at all; credit cards are more secure in that banks offer more protection for them than for debit cards.
- Be careful in tourist areas, and use cash when travelling abroad.

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:

UPDATED INCOME GUIDELINES

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

Free Tech Education

East Stroudsburg Area School District's Community Technology Outreach Program offers an opportunity to participate in a free workshop and learn from tech-savvy high school students. Once a month during the school year, students teach participants about common technologies and additionally offer one-on-one sessions for individualized assistance, encouraging attendees to bring their personal devices, moving them toward a better understanding of the tools they own and use.

The dates of the next sessions are 3/10 and 4/7. To enroll, visit esasd.net/community, or email tech2.coaches@esasd.net for more information.

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, Brodheadsville (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 March 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/3/25	3/4/25	3/5/25	3/6/25	3/7/25
Pasta Fagioli	Salisbury Steak	Creamy Tuscan Chicken	Pork & Sauerkraut	Tuna Noodle Casserole
Chicken Salad	Ham & Pickle Salad	Roast Beef & Cheddar	Turkey Salad	Garden Salad
3/10/25	3/11/25	3/12/25	3/13/25	3/14/25
Garlic Broccoli & Shells	Sweet & Sour Pork over Brown Rice	Beef Stroganoff over Egg Noodles	Chicken Piccata	French Toast Sticks
Turkey & Cheese	Taco Salad	Chicken BLT Sandwich	Italian Pasta Salad	Tuna Salad
3/17/25	3/18/25	3/19/25	3/20/25	3/21/25
Ham & Cabbage	Herb Roasted Chicken Thigh	Spaghetti & Meatballs	Roasted Turkey with Gravy	Cheese Ravioli
Roast Beef & Cheddar	Dilled Turkey Salad	Cran-Apple Chicken Salad	Minced Ham Salad	Egg Salad
3/24/25	3/25/25	3/26/25	3/27/25	3/28/25
Chicken Tenders	Beef Stew	Pork with Apple Gravy	Chicken Paprikash	Beer Battered Fish
Pork & Relish Sandwich	Chicken Cesar Salad	Turkey & Cheese	Ham & Swiss	Spinach Salad
3/31/25	WISH LIST DONATIONS ACCEPTED AT ALL SENIOR CENTERS Acrylic Paints — Adult Coloring Books — Glue Guns & Glue Sticks Holiday Decorations — Paperware & Party Goods — Blank Canvases			
Roast Beef with Gravy				
Turkey Salad				

The Bookmobile visits the Loder Senior Center every other Thursday at noon! (3/6 & 3/20)

Health & Wellness Calendar for March 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

Barrett Senior Center: Mon. 3/10 at 10am
 Loder Senior Center: Tues. 3/11 at 10am
 Chestnuthill Senior Center: Wed. 3/12 at 10am
 Mountain Senior Center: Thurs. 3/13 at 10am
(Screenings provided by Griswold Home Care 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

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!

On Valentine's Day, we celebrated Daisy Berger's 100th birthday at her residence at Hamilton Manor. Ms. Berger was born in Mehoopany, PA and was blessed with 12 children. When the weather is nice, she enjoys taking long walks outside of her building for air and exercise. She likes playing a card game called 'Hand & Foot' in her spare time. Ms. Berger received special recognition from Rep. Tarah Probst and a visit from Blue Ridge Communications Channel 13 in honor of this milestone.

Zumba® Gold - Seated

Instructor: Lisa D'Arrigo, Pocono Family YMCA

Ideal for individuals with mobility or balance issues, this class features easy-to-follow Zumba® choreography adapted for chair exercise.

Loder Senior Center: Mondays, 10:30am-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.





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.**

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.

*Thank you to
Frank Hall and
Liborio Truncali
for your generous
donations!*

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: _____

Meet Your Local Area Agency on Aging Team



Mary Claire

"It is my privilege to be able to support the Monroe County Area Agency on Aging in its provision of such a wide variety of services to our older adults. Our staff, the RSVP volunteers, the volunteers on our Advisory Councils, and the volunteer Board of Support Services for Seniors are a very dedicated group touching so many lives in our community every day. It's an amazing thing to see!"

Mary Claire Megargle is the Administrator of the Monroe County Area Agency on Aging. Upon receiving her degree in social work, she began her career as a hospice caseworker and volunteer coordinator for Telespond Senior Services in Scranton. In 1993, she started working for Lehigh

County's Aging Office, where she spent some time as an Assessor and Care Manager and, later, more than 17 years as a Program Analyst, managing and analyzing the office's consumer database. She brought her expertise to Monroe County's Aging Office in May of 2017 as an Administrative Officer II. In 2020, she was promoted to Administrator, and the MCAAA office is a better place for her leadership, understanding, and sense of humor.

Having been born and raised in the Poconos, Mary Claire has said that returning to work in Monroe County felt like coming home. As she assumed her new role, the pandemic had just begun, and she helped lead a volunteer initiative to ensure weekly deliveries of food were made to seniors who normally received a daily meal at the senior centers. Ever since, she has displayed similar acts of compassion and dedication, going above and beyond to support seniors in Monroe County.

Mary Claire likes learning about history and spending time with her godchildren. She is also a well of random facts.

2024-2025 LIHEAP Income Requirements:

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

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. **The 2024-2025 LIHEAP application period ends April 4th.**

Local Government Officials

Monroe County Commissioners:

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

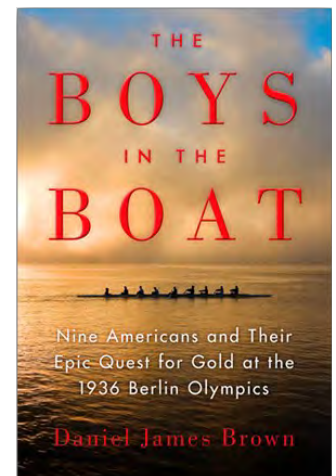
<p>Maureen Madden (D) State Representative, District 115 354 Memorial Boulevard, Room 4 Tobyhanna, PA 18466 TEL (570) 894-7905 FAX (570) 894-7906</p>	<p>Serving Barrett Township, Middle Smithfield Township (part, District West), Mount Pocono Borough, Paradise Township, Pocono Township, Price Township, 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>
<p>Rob Bresnahan, Jr. (R) U.S. Congressman, 8th District 2398 Route 611, Scotrun, PA 18355 TEL (570) 914-8548</p>	<p>Ryan Mackenzie (R) U.S. Congressman, 7th District 1125 S. Cedar Crest Blvd., Suite 109, Allentown, PA 18103 TEL (484) 781-6000</p>

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

Reading Corner

The Boys in the Boat by David James Brown

During the Great Depression, nine working class students at the University of Washington defy the odds by mastering one of the most popular sports of the day and making it all the way to the 1936 Berlin Olympics. Told alongside the goings-on in Germany as Hitler lays the groundwork for what will soon turn into WWII, this piece of nonfiction is both an emotional story and a window into another era, made all the more captivating because it is true.



Obscure Holidays

There's always something to celebrate!

March 1	National Horse Protection Day
March 2	National Banana Cream Pie Day
March 3	Caregiver Appreciation Day
March 4	Hug a G.I. Day
March 5	Learn What Your Name Means Day
March 6	National Dentists Day
March 7	Denim Day for Dementia (Ireland)
March 8	Genealogy Day
March 9	Nat'l Dishwasher Appreciation Day
March 10	International Bagpipe Day
March 11	World Plumbing Day
March 12	National Plant a Flower Day
March 13	Nat'l Open an Umbrella Indoors Day
March 14	International Ask a Question Day
March 15	Maple Syrup Saturday
March 16	Everything You Do is Right Day
March 17	Welllderly Day
March 18	Tea for Two Tuesday
March 19	National Automatic Door Day
March 20	World Storytelling Day
March 21	National Beverly Day
March 22	As Young As You Feel Day
March 23	National Puppy Day
March 24	Nat'l Each Person is a Person of Worth Day
March 25	World Retrospective Day
March 26	Wear a Hat Day
March 27	Quirky Country Music Song Titles Day
March 28	Barnum & Bailey Day
March 29	World Piano Day
March 30	Pretzel Sunday
March 31	Start of American Crossword Puzzles Week

Support Groups

Dementia Caregiver

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

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

When: Sat., Mar. 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, 3pm-4pm

Where: Friendly Community Center
(1200 Route 390, Rm. 30 in Cresco)

Call Marilyn: (570) 420-7164 (landline)

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: ESU, Monroe Hall, Room 113

Call Pam: (570) 422-3247

Cryptogram

St. Patrick's Day Edition

Decode the words to reveal an Irish blessing! Each letter stands for another letter. Three letters have been provided to you. (Solution on Page 13)

$\overline{\text{K}} \overline{\text{B}} \overline{\text{E}}$ $\overline{\text{E}} \overline{\text{R}} \overline{\text{V}} \overline{\text{N}}$ $\overline{\text{D}} \overline{\text{J}} \overline{\text{T}} \overline{\text{C}} \overline{\text{C}} \overline{\text{A}} \overline{\text{W}} \overline{\text{X}} \overline{\text{C}}$
 $\overline{\text{O}} \overline{\text{R}} \overline{\text{V}} \overline{\text{F}} \overline{\text{W}} \overline{\text{V}} \overline{\text{K}} \overline{\text{D}} \overline{\text{T}} \overline{\text{N}}$ $\overline{\text{T}} \overline{\text{F}} \overline{\text{G}} \overline{\text{T}}$
 $\overline{\text{C}} \overline{\text{G}} \overline{\text{B}} \overline{\text{K}} \overline{\text{N}} \overline{\text{R}} \overline{\text{Y}} \overline{\text{H}} \overline{\text{C}}$ $\overline{\text{T}} \overline{\text{F}} \overline{\text{G}} \overline{\text{B}} \overline{\text{F}}$ $\overline{\text{X}} \overline{\text{N}} \overline{\text{R}} \overline{\text{L}}$
 $\overline{\text{A}} \overline{\text{B}} \overline{\text{W}} \overline{\text{I}}$ $\overline{\text{K}} \overline{\text{B}} \overline{\text{E}}$ $\overline{\text{T}} \overline{\text{F}} \overline{\text{N}} \overline{\text{R}} \overline{\text{V}} \overline{\text{D}} \overline{\text{J}} \overline{\text{T}}$ $\overline{\text{A}} \overline{\text{B}} \overline{\text{Q}} \overline{\text{R}} \overline{\text{A}} \overline{\text{I}}$
 $\overline{\text{E}} \overline{\text{R}} \overline{\text{V}}$ $\overline{\text{L}} \overline{\text{G}} \overline{\text{T}} \overline{\text{N}} \overline{\text{T}} \overline{\text{Q}} \overline{\text{T}} \overline{\text{N}}$ $\overline{\text{E}} \overline{\text{R}} \overline{\text{V}}$ $\overline{\text{X}} \overline{\text{R}} .$



Technology Tip of the Month

There are ways to make your smartphone, tablet, and computer easier to use. If you have trouble reading, many devices allow you to increase the size of text and app icons. Smartphones have voice assistants like Siri that can help you by answering questions, setting reminders, and making calls. These devices also have voice-to-text, allowing you to speak to your phone instead of type. Additional accessibility features like magnification and color adjustment are also available in the device's settings.



Valentine's Day crafts at the Mountain Senior Center

MCAAAA SERVICE SPOTLIGHT



**AmeriCorps
Seniors**

RSVP

Monroe County Area Agency on Aging's volunteer program, AmeriCorps Seniors / RSVP (Retired and Senior Volunteer Program), matches individuals ages 55 and over with volunteer opportunities, inviting older adults 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 helping others. RSVP partners with more than eighty community organizations, allowing for a wide variety of involvement for volunteers. There are options that fit the abilities and schedules of anyone with the desire to serve others.

Volunteers choose service opportunities that best fit their passions, goals, and lifestyles. They help by grocery shopping for and socializing with the homebound, making small safety repairs, and taking patients to critical medical appointments approved by our community partners. They can also be found reading to preschoolers, giving nature tours, assisting with bulk mailings, and providing support at food and clothing pantries. These are only a few examples of opportunities offered by RSVP.

RSVP offers ways for those with limited mobility to give their time from the comfort of their own homes. From making phone calls to older adults who are lonely and seeking conversation, to writing cheerful notes to nursing home residents, to crocheting, knitting, and sewing blankets for local organizations in need, there are many attainable and meaningful opportunities for anybody who believes they have little to offer.

In Monroe County, the average age of RSVP volunteers is 77, and in 2024 alone, they served nearly 30,000 hours, which equates to nearly \$1 million in services to the community.

RSVP's most pressing needs at this time are for medical transportation drivers and those who can help with minor home repairs.

If you are interested in volunteering, give the RSVP office a call to learn more about how you can impact your community:

RSVP of Monroe County

411 Main Street, Suite 102B, Stroudsburg, PA 18360

(570) 420-3747

rsvp@monroecountypa.gov

www.monroecountypa.gov/rsvp

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

Ingredients:

- 4 $\frac{1}{2}$ cups flour
- 2 tbsp sugar
- 1 tsp salt
- 1 tsp baking soda
- 4 tsp butter
- 1 cup raisins
- 1 egg, lightly beaten
- 2 cups buttermilk

Traditional Irish Soda Bread

1. Preheat oven to 425°F. Sift together 4 cups of flour and baking soda in a large mixing bowl.
2. Using a pastry cutter or two knives, work butter into flour mixture until it resembles coarse meal, then stir in raisins.
3. Make a well in the center of the flour mixture. Add egg and buttermilk and mix in with a wooden spoon until dough is too stiff to stir.
4. Dust hands with a little flour, then gently knead dough in the bowl just long enough to form a rough ball. If dough is sticky, add more flour. Do not over-knead.
5. Transfer dough to a lightly floured surface and shape into a round loaf.
6. Transfer dough to a large, lightly greased cast-iron skillet or a baking sheet. Using a serrated knife, score top of dough about $\frac{1}{2}$ " deep in an X-shape.
7. Put in oven and bake until bread is golden and the bottom sounds hollow when tapped with a knife, about 35-45 minutes. Check for doneness by inserting a long, thin skewer into the center. If it comes out clean, it's done.

If the top gets too dark while baking, tent the bread with some aluminum foil.

If you use a cast iron skillet, be very careful when taking it out of the oven. It's easy to forget that the handle is extremely hot, so be sure to use a pot holder.

8. Transfer bread to a rack to let cool briefly. Serve bread warm, at room temperature, or sliced and toasted.



Senior center participants enjoying an outing at the Stroud Mall movie theater on January 28th



Question of the Month

What's the difference between Medicare and Medicaid?

Mona Pagani, Canadensis

Medicare and Medicaid are government health insurance programs serving different demographics: Medicare is for seniors 65+ and younger individuals with disabilities, and Medicaid provides coverage for eligible low-income individuals and families. For details about both programs and other programs offered in our area, call MCAAA to request copy of our benefits booklet.

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 March 10th!



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

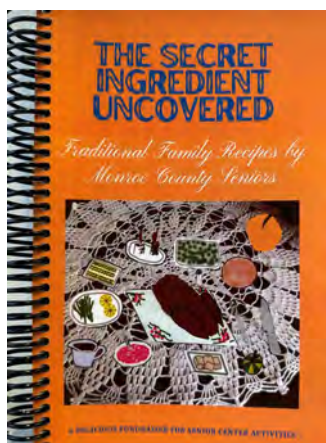
If you have limited income and resources, you may qualify for
Extra Help and/or Medicare Savings Programs.

Call today!

PA MEDI Helpline 1-800-783-7067
or your local Area Agency on Aging at (570) 420-3735.

Pennsylvania
Medicare Education
and Decision Insight

Link
1-800-753-8827



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!

Cryptogram Solution:
MAY YOUR BLESSINGS OUTNUMBER
THE SHAMROCKS THAT GROW
AND MAY TROUBLE AVOID YOU
WHEREVER YOU GO



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).

SUPPORT SERVICES FOR SENIORS

724 Phillips Street
Suite 102
Stroudsburg, PA 18360

Return Service Requested

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

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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