

MONROE COUNTY AREA AGENCY ON AGING



Our Mission:

- ◇ To strengthen family life
- ◇ To assist individuals in attaining or maintaining independence and self-care
- ◇ To protect adults in danger of neglect, abuse, and exploitation

BENEFITS FOR SENIORS: 2024

**724 Phillips Street, Suite 102, Stroudsburg, PA 18360
(570) 420-3735 OR (800) 498-0330 FAX: (570) 420-3734**

Email address: monroeaging@monroecountypa.gov

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

Facebook: www.facebook.com/MCPAAAA

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MONROE COUNTY AREA AGENCY ON AGING

(570) 420-3735 — monroeaging@monroecountypa.gov

SERVICES OFFERED:

- Information and referral
- Older Adult Protective Services
- OPTIONS
 - Care management
 - Home-delivered meals
 - Personal care and home support
 - Personal emergency response systems
- Functional Eligibility Determination (level of care assessment)
- Monroe County Seniors' Express Times (monthly newsletter)
- Transportation
- Legal referrals
- Pennsylvania Caregiver Support Program
- AmeriCorps Senior Volunteer Program (RSVP)
- Senior nutrition centers
- Ombudsman service
- PA-MEDI (health insurance counseling)
- Health and wellness programs
- Friendly visitor

SENIOR NUTRITION CENTERS

All senior centers offer a well-balanced, congregate meal each day they are open. The meals are delivered to the centers and served to participants, who have a choice of a cold or hot meal. There is a suggested donation of \$1.50/meal.

The activity schedule and monthly menu appear in every newsletter.

The Friendly Community Center	6683 Route 191 Cresco, PA 18326 (570) 481-4330	Mondays, Wednesdays, Fridays from 8:00am to 1:00pm
Chestnuthill Senior Center	1919 Route 209 Brodheadsville, PA 18322 (570) 242-6770	Wednesdays and Fridays from 9:00am to 2:00pm
Jewish Resource Center of the Poconos	1210 North Fifth Street Stroudsburg, PA 18360 (570) 517-0815	Thursdays from 10:00am to 3:00pm
Loder Senior Center	62 Analomink Street, Fl. 1 East Stroudsburg, PA 18301 (570) 420-3745	Mondays through Fridays from 9:00am to 2:00pm
Mountain Senior Center	354 Memorial Boulevard Tobyhanna, PA 18466 (570) 894-3272 x134	Tuesdays, Thursdays, Fridays from 9:00am to 2:00pm

OLDER ADULT PROTECTIVE SERVICES

STATEWIDE 24-HOUR HOTLINE — (800) 490-8505

Monroe County Area Agency on Aging — (570) 420-3735

According to the CDC, **elder abuse** is “an intentional act or failure to act that causes or creates a risk of harm to an older adult”. Abuse can come in different forms:

- **Physical Abuse:** physical force resulting in injury, pain, or impairment to a vulnerable older adult
- **Emotional Abuse:** infliction of pain or distress via verbal or nonverbal means
- **Sexual Abuse:** nonconsensual sexual contact of any kind with a vulnerable older adult
- **Financial Exploitation:** illegal/improper use of a vulnerable older adult’s property, funds, or assets
- **Neglect:** refusal or failure of those responsible to provide life necessities for a vulnerable older adult
- **Abandonment:** desertion of a vulnerable older adult by the person who took responsibility for them

OPTIONS (HELP AT HOME)

Monroe County Area Agency on Aging — (570) 420-3735

Help at Home, more commonly referred to as the OPTIONS program, assists PA residents ages 60+ who would like to stay in their home. The program offers:

- **Care Management:** ongoing care plan management to ensure needs are being met
- **In-Home Meals:** delivered, in-home meals
- **Personal Care Services:** assistance with daily living activities
- **Home Support:** basic housekeeping, shopping, and laundry
- **Personal Emergency Response System:** an electronic device for high-risk consumers in case of an emergency

MONROE COUNTY SENIORS’ EXPRESS TIMES

Monroe County Area Agency on Aging — (570) 420-3735

Support Services for Seniors, a local nonprofit organization, publishes a free, monthly newsletter with current programs and valuable information for seniors in Monroe County. To sign up to receive a physical or digital copy, call the Monroe County Area Agency on Aging.

OMBUDSMAN

Serving Seniors — (570) 344-7190; FAX (570) 344-2770

www.servingseniorsnepa.org/ombudsman

The **Long-Term Care Ombudsman Program** offers free and confidential services to **residents living in a long-term care facility**. An ombudsman can help with resident rights, quality of care, medications, privacy needs, etc.

CAREGIVER SUPPORT PROGRAM

Monroe County Area Agency on Aging — (570) 420-3735

The **Pennsylvania Caregiver Support Program** provides resources and assistance to individuals who assume the primary responsibility for the provision of care to encourage a healthy, ongoing relationship with their care receiver. The program aims to alleviate the stresses associated with caregiving by focusing on the wellbeing of the caregiver, providing access to respite care, addressing the need for formal and informal supports, and providing financial reimbursement for out-of-pocket costs associated with caregiving-related services and supplies. **Qualified caregivers must be at least 55 years of age and care for either a related child or a related disabled adult. A caregiver can also be an adult of any age who is caring for a senior or somebody with Alzheimer's or a related disorder.** The program is administered by the Monroe County Area Agency on Aging. Each caregiver is assigned a care manager who will come to the care receiver's home, conduct a comprehensive assessment of the needs of the caregiver, provide support, and work with them to develop a person-centered plan of care.

MEDICARE

www.medicare.gov — (800) 633-4227

Medicare is a federal health insurance program which generally provides coverage to individuals who are 65 or older, younger people with disabilities, and people with end-stage renal disease. Medicare is comprised of different parts to cover specific services:

- Part A** covers inpatient hospital stays, care in a skilled nursing facility, hospice care, and some home healthcare.
- Part B** covers certain doctors' services, outpatient care, medical supplies, and preventative services. The premium for 2024 is \$174.70/month.
- Part C** (AKA Medicare Advantage Plans) is an all-in-one alternative to Original Medicare. These packages include Parts A, B, and usually D.
- Part D** adds prescription drug coverage.

Medicare does not pay all costs; **supplemental insurance plans, commonly called Medigap**, can be purchased through private insurance companies.

Eligible persons may be able to receive help to pay their Medicare premiums through a coverage plan under Medicaid called **Healthy Horizons**. Individuals must meet income and resource limits. Income limits are based on a percentage of the Federal Poverty Income Guidelines (FPIG), which are revised annually. Program eligibility information is also available at: www.dhs.pa.gov/Services/Disabilities-Aging/Pages/MA-for-Older-People-and-People-with-Disabilities.aspx

AFFORDABLE CARE ACT

www.pennie.com — (844) 844-8040

The **Affordable Care Act (ACA)** is a comprehensive healthcare reform law enacted in March 2010. Its goal is to make affordable health insurance available to more people by providing subsidies that lower costs for households that meet certain income guidelines. The marketplace is not for people who already have health coverage such as Medicare, Medicaid, TRICARE, or VA coverage, nor is it for people with employer coverage, except when the employer plan is considered “unaffordable” or “inadequate”. **Pennsylvania’s health coverage marketplace is called Pennie.**

PA MEDI

Monroe County Area Agency on Aging — (570) 420-3735

www.aging.pa.gov/aging-services/medicare-counseling

Pennsylvania Medicare Education and Decision Insight, also known as PA MEDI (formerly APPRISE), offers free Medicare counseling to older Pennsylvanians. PA MEDI counselors are specially trained to answer questions and provide free, unbiased, personalized help with detailed information about Medicare, Medicare supplemental insurance, Medicare Advantage Plans, prescription drug plans, enrollment assistance, Medicare rules/notices/billing, financial assistance programs, appeals, long-term care assistance, and coordination of benefits. PA MEDI counselors do not sell Medicare products but rather offer current, unbiased Medicare education to help those interested make the most informed choice about the Medicare options available. **Medicare Open Enrollment takes place October 15th to December 7th** each year. During this time, Medicare beneficiaries can make changes to their Medicare health and prescription coverage for the following year. Coverage, costs, and medication formularies change annually and, in most cases, the Open Enrollment Period is the only time to make changes to health and prescription coverage. **To schedule an appointment with a PA MEDI counselor, contact the Monroe County Area Agency on Aging.**

MEDICAID

Monroe County Assistance Office — (570) 424-3030

www.dhs.pa.gov/medicaid

Medical Assistance (MA), also known as Medicaid, pays for healthcare services for eligible individuals. Eligibility is determined by evaluating income and assets. The income guidelines vary depending on specific Medicaid programs. The Monroe County Assistance Office is located at 1972 West Main Street, Suite 101, Stroudsburg, PA 18360.

PACE / PACENET

(800) 225-7223 papace@magellanhealth.com

aging.pa.gov/aging-services/prescriptions

The **Pharmaceutical Assistance Contract for the Elderly (PACE)** program offers eligible seniors low-cost prescription medications. To qualify, individuals must be 65 years of age or older, a Pennsylvania resident for at least 60 days, and meet these income requirements:

PACE	PACENET
Total 2023 income for a single person was \$14,500 or less*	Total 2023 income for a single person was between \$14,501 and \$33,500*
Total 2023 combined income for a married couple was \$17,700 or less*	Total 2023 combined income for a married couple was between \$17,701 and \$41,500*
Benefits: \$6.00 copayment for generic meds and \$9.00 copayment for brand-name meds	Benefits: \$8.00 copayment for generic meds and \$15.00 copayment for brand-name meds

*Certain income sources and Medicare Part B premiums are not counted as income for PACE/PACENET purposes.

Eligible applicants will receive an identification card that can be presented at the pharmacy (along with their Medicare Part D plan card if they are enrolled in that too). PACE cardholders not enrolled in a Medicare Part D plan will pay a monthly deductible of \$41.08 at the pharmacy.

Paper applications are available at the Monroe County Area Agency on Aging, 724 Phillips Street, Suite 102, Stroudsburg, PA 18360.

MEDICINE ASSISTANCE TOOL

www.mat.org

Pharmaceutical Research and Manufacturers of America's (PhRMA) **Medicine Assistance Tool (MAT)** is a web platform designed to help patients, caregivers, and healthcare providers learn more about the resources available through the various biopharmaceutical industry programs. These programs are offered to those who need financial support due to their lack of insurance or inadequate prescription medicine coverage. MAT is not its own patient assistance program; rather, it is a search engine for many of the support programs and resources that the biopharmaceutical industry offers.

DONATED DENTAL SERVICES

www.dentallifeline.org/pennsylvania — (717) 776-3262

Donated Dental Services (DDS) volunteers provide comprehensive dental treatment to eligible patients who are elderly or permanently disabled. Major dental treatment services include oral surgery, periodontics, orthodontics, endodontics, and prosthodontics. Volunteers do not provide emergency services. **Applicants must have no means to afford dental care and must be either over 65 or permanently disabled.** Due to lengthy waitlists in Monroe County, it is suggested that aspiring candidates call before completing an application. Exceptions are sometimes made when there is documentation from a physician stating essential medical treatment cannot be given due to the dental condition. Veterans can apply even when the program is closed.

CHRONIC RENAL DISEASE PROGRAM

www.health.pa.gov/topics/programs/Chronic-Renal-Disease — 1-800-225-7223

The **Chronic Renal Disease Program (CRDP)** provides lifesaving care and treatment for adults with end-stage renal disease. **To be eligible, patients must be a US citizen, a Pennsylvania resident, have an end-stage renal disease diagnosis, and have an income at or below 325 percent of the federal poverty income guidelines.** The CRDP is the payor of last resort; eligible patients enroll in the program through the PA Department of Health to supplement their existing insurance benefits. Patients receive an ID card to present at participating dialysis facilities, hospitals, and physician offices when getting treatment. Patients can also receive prescription drug benefits to offset the cost of their renal disease medications and transportation services to get to treatment.

To enroll, patients must provide proof of residency, income information, and a physician statement verifying medical qualifications. Enrollment applications are available at Medicare-approved dialysis facilities, online at the website above, and at the Monroe County Area Agency on Aging.

PENNSYLVANIA MEDICAL MARIJUANA PROGRAM

www.pa.gov/guides/pennsylvania-medical-marijuana-program - (888) 733-5595

The **PA Medical Marijuana Program** provides access to medical marijuana for patients with a serious medical condition. Eligible PA residents and caregivers can register for an ID card online.

SIGHTS FOR HOPE

www.sightsforhope.org — (570) 992-7787

Sights for Hope is a United Way agency serving Monroe County's visually impaired and blind individuals by providing free social services that promote independence, 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. They also operate a low-vision outlet store which 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 along with educational programs on eye safety, eye diseases, and blindness prevention. They are located at 4215 Manor Drive, Stroudsburg, PA 18360.

LIBRARY OF ACCESSIBLE MEDIA FOR PENNSYLVANIANS

www.mylamp.org — (215) 683-3213 — info@mylamp.org

The **Library of Accessible Media for Pennsylvanians (LAMP)** offers a wide variety of services to people who have difficulty reading due to a vision challenge. LAMP ships in accessible formats like braille, audio, described movies, and large print directly to patrons across PA, all for free. In addition to physical content, LAMP provides digital access to hundreds of thousands of titles in downloadable audio or braille. LAMP is a part of the Free Library of Philadelphia, which is located at 1500 Spring Garden Street, Suite 230, Philadelphia, PA 19130.

HEAR PA / STARKEY CARES

(570) 213-7599 — starkeycares@starkey.com

Hear PA, a hearing aid store in East Stroudsburg, is a local participating business in the **Starkey Cares program, which helps those struggling to afford hearing**

aids. Upon completing an online application and paying the \$300 application fee, applicants can return to Hear PA to be fit with hearing aids. The office will provide five free follow-up appointments. After those appointments, there may be additional fees for office visits and batteries.

Hear PA is located at 400 Plaza Court, Suite B, East Stroudsburg, PA 18301. For more information about the Starkey Cares program or **to find other participating businesses, call (272) 271-4691** or email

starkeycares@starkey.com.



SUPPORT GROUPS

There are many support groups available in our area.

Alzheimer's and Dementia Caregivers

Shawnee Ridge Caregiver Support Group

2nd Monday of the month from 5:30pm to 6:30pm

200 Jersey Lane, East Stroudsburg, PA 18301

Facilitator: Jennifer Bayer-Kautz, CTRS, CDP (570) 517-9292

Dementia Support Group

2024 dates: 1/27, 2/24, 3/23, 4/27, 5/18, 6/22, 7/27, 8/24, 9/28, 10/19, 11/23, and 12/14

Two locations:

1. Hughes Library (2nd floor), 1002 North 9th Street, Stroudsburg, PA 18360 from 10:00am to 11:30am
2. The Friendly Community Center, 6683 Route 191, Cresco PA 18326 from 1:15pm to 2:30pm

Facilitator: Barbara Van Nortwick, M.Ed. (570) 236-3380

Additional Support Groups

www.alzfdn.org/caregiving-resources/alzheimers-and-dementia-support-groups

Bereavement and Loss

Lehigh Valley Pocono Hospice Bereavement Support Group

Held virtually; for more information, call (610) 402-7481.

Bereavement Support Group for Adults

Various Tuesdays from 10:30am to 12:00pm

The Elks Club, 260 Washington Street, East Stroudsburg, PA 18301

Facilitator: Ruth Glatt, (570) 242-3536, rglatt70@gmail.com

Lehigh Valley Pocono Hospice Bereavement Support Group

Held virtually; for more information, call (610) 402-7481.

Friendly Community Center Loss Support Group

2nd and 4th Mondays of the month at 3:30pm

The Friendly Community Center, 6683 Route 191, Cresco PA 18326

Facilitator: Marilyn Schultz, (570) 481-4330

Grief Share Groups

Sundays from 2:00pm to 4:00pm

Mount Eaton Church, 7277 Mount Eaton Road, Saylorsburg, PA 18353

For additional information, call (570) 992-7050

Wednesdays from 2:00pm to 4:00pm

The Church of St. Luke, 818 Main Street, Stroudsburg, PA 18360

Registration required: (570) 421-9097

Thursdays from 5:30pm to 7:00pm

Stroudsburg Wesleyan Church, 915 N. 5th Street, Stroudsburg, PA 18360

Additional Grief Support Groups

www.lvhn.org/medical-services/grief-support-services

Blind and Visually Impaired

Bureau of Blindness and Visual Services Support Group

1st Monday of the month at 10:00am

The Burnley Workshop, 4219 Manor Drive, Stroudsburg, PA 18360

For more information, contact Sights for Hope at (610) 433-6018.

Addiction

Alcoholics Anonymous

www.poconointergroupaa.org/meetings (570) 424-8532

Narcotics Anonymous

www.nar-anon.org/find-a-meeting (570) 421-6618

Health and Injury

Brain Injury Support Group of the Poconos

1st Thursday of the month from 6:30pm to 8:00pm

Stroudsburg Wesleyan Church, 915 N. 5th Street, Stroudsburg, PA 18360

Facilitator: Michael Idell, (570) 599-6424, michaelidell@asbisg.org

Breast Friends of Pennsylvania

3rd Wed. of the month, 6pm to 7:30pm, Old Mill Pizzeria, 5784 US-209 BUS, Sciota

2nd Tues. of the month, 6pm to 7:30pm, Chestnuthill Diner 2187 US-209, Brodheadsville

Facilitator: Vivian Vega, Director, (321) 236-3722, bfofpa@gmail.com

Bipolar Disorder and Depression Support Group

1st Wednesday of the month from 6:00pm to 8:00pm

Stroud Conference Room at Lehigh Valley Pocono Medical Center, 206 East Brown Street,

East Stroudsburg, PA 18301

Facilitator: Lisa, (570) 476-3422

General Support

Women's Circle at the Friendly Community Center

1st Tuesday of the month at 5:30pm

The Friendly Community Center, 6683 Route 191, Cresco PA 18326

Facilitator: Jennifer Malamas, MD (570) 481-4330

MENTAL HEALTH CRISIS INTERVENTION

www.cmpmhds.org

Mental Health Crisis Intervention and Suicide Prevention Hotline: **988**

Carbon-Monroe-Pike Counties Crisis Intervention Hotline:

(570) 992-0879 or toll-free **(800) 849-1868** (TTY (570) 420-1904)

National Crisis Text Line: **741741**

MENTAL HEALTH WARM LINE

6pm-10pm, 365 days/year — (866) 654-8114 — www.theadvocacyalliance.org

The **Warm Line** is a confidential, non-crisis, one-on-one telephone service that **offers hope and encouragement** to persons with a mental illness experiencing loneliness, have a problem they need to talk about, and/or want to hear a friendly voice. The line is staffed by consumers and certified peer specialists who receive a great deal of training and supervision. The program is funded by Carbon-Monroe-Pike Mental Health and Developmental Services.

OPIOID ADDICTION IN THE ELDERLY

www.cmpda.cog.pa.us — (800) 662-4357

Older patients suffering from chronic conditions like arthritis or back issues are often prescribed opioids to relieve pain. These individuals can become more at risk for drug dependence and overdose. Symptoms of Substance Use Disorder, such as increasing fatigue, diminishing memory, or balance problems, can be mistaken for depression or dementia. Also, since kidney and liver function slow with age, the time drugs remain in one's system increases, making it harder to manage opioid medication effectively.

LGBTQ+ RESOURCES

www.sageusa.org

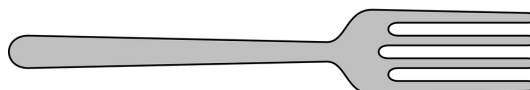
SAGE is the country's largest and oldest organization dedicated to improving the lives of LGBTQ+ older people. Founded in 1978 and headquartered in New York City, SAGE is a national organization that offers supportive services and consumer resources to LGBTQ+ older people and their caregivers. SAGE builds welcoming communities and keeps LGBTQ+ issues in the national conversation to ensure a fulfilling future for all LGBTQ+ people.

FOOD PANTRIES AND COMMUNITY MEALS

PA United Way — 211 OR (855) 567-5341

Monroe County Area Agency on Aging — (570) 420-3735

A variety of **food pantries and community meal locations** provide food for those in need in Monroe County. A list of these places can be obtained by calling **211** or the Monroe County Area Agency on Aging.



FOOD STAMPS / SNAP

Monroe County Assistance Office — (570) 424-3030

www.dhs.pa.gov/services/assistance/pages/snap-older-adults.aspx

The **Supplemental Nutrition Assistance Program (SNAP)** is designed to increase the food purchasing power of people with low income. Those who are eligible receive an **Electronic Benefits Transfer (EBT) ACCESS card** to buy food at stores or with Senior Citizen Nutrition Programs. Income eligibility for the program is figured differently for those 60+.

MONROE COUNTY MEALS ON WHEELS

www.monroemeals.org — (570) 424-8794

Monroe County Meals on Wheels is a local nonprofit organization whose mission is to help ensure older adults and the homebound in our community receive nutritious meals. Participants can choose between two programs: weekly freezer packs or daily hot meals. Meals on Wheels also offers emergency options ahead of inclement weather and in response to unexpected events, as well as pet food. Volunteers and staff also offer emotional support through wellness checks and phone calls.

PENNSYLVANIA SENIOR FOOD BOX PROGRAM

www.shfbv.org/paseniorfoodboxprogram

East Stroudsburg Salvation Army — (570) 421-3050

Individuals who meet certain financial eligibility requirements can receive a **monthly box of healthy, non-perishable foods**. Products are provided by the USDA and include bottles of 100% juice, cheese, canned fruits and vegetables, canned meats and stews, milk, cereal, peanut butter, and more. **Senior boxes are distributed locally through the Salvation Army in East Stroudsburg**. Registration is required at least two weeks prior to distribution.

SENIOR FARMERS MARKET NUTRITION PROGRAM

www.agriculture.pa.gov/food/food_assistance

Monroe County Area Agency on Aging — (570) 420-3735

The **Senior Farmers Market Nutrition Program**, which runs **May through September**, provides eligible low-income seniors with coupons that can be exchanged for qualified foods. Recipients are given a list of participating farmers markets with vouchers that can be redeemed for fresh fruits and vegetables grown in PA. Each eligible recipient receives **five \$10 vouchers** to redeem at a participating market.

HOUSING REHABILITATION PROGRAM

adminsecretary@monroecountyrd.org — (570) 421-4300

The **Monroe County Redevelopment Authority** offers the **Housing Rehabilitation Program** for owner-occupied homes. **Eligible households must be a single-family dwelling unit owned and occupied by a U.S. citizen within an income limit determined by the U.S. Department of Housing and Urban Development.** Eligible work can include but is not limited to electrical, plumbing, roofing, siding, heating systems, structural repairs, and accessibility modifications. **The waiting list is currently between 1 and 1.5 years long.** The office is at 701 Main Street, Suite 502, Stroudsburg, PA 18360.

USDA HOUSING REPAIR LOANS & GRANTS

Bob Morgan, State Director — (717) 237-2299

The **Section 504 Home Repair program** provides loans to very-low-income homeowners to repair, improve, or modernize their homes or grants to elderly very-low-income homeowners to remove health and safety hazards. **To qualify, applicants must own and occupy the home, be unable to obtain affordable credit elsewhere, have a household income that does not exceed the very low limit by county, and (for grants) be 62 or older.** The maximum loan is \$40,000, and the maximum grant is \$10,000.

LOW INCOME ENERGY ASSISTANCE PROGRAM

www.dhs.pa.gov/services/assistance/pages/liheap.aspx

Monroe County Assistance Office — (570) 424-3517

The **Pennsylvania Low Income Home Energy Assistance Program (LIHEAP)** helps families living on low incomes pay their heating bills in the form of a cash grant. The program runs Nov. 1, 2023 through Apr. 5, 2024 (may be extended or shortened depending on the availability of funds). Households in immediate danger of being without heat can also qualify for crisis grants. The cash grant is a one-time payment sent

2023-2024 LIHEAP Income Requirements:

directly to the utility company or fuel provider to be credited on the bill. These grants range from \$300 to \$1,000 based on household size, income, and fuel type, and they do not have to be repaid.

Household Size	Income Limit
1	\$21,870
2	\$29,580
3	\$37,290
4	\$45,000
5	\$52,710
6	\$60,420

SHARE HOUSING

Kelly Foley (Housing Counselor) - (570) 832-0538 - kfoley@pikepa.org

www.aging.pa.gov/aging-services/housing/pages/share.aspx

The **Share Housing and Resource Exchange (SHARE)** program is an affordable housing choice that brings together **homeowners who want to share their home with home-seekers looking for housing** in exchange for rent, help around the house, or a combination of both. The home-seeker receives their own bedroom and agreed-upon use of the common areas. SHARE participants must be at least 18 years of age, and one of the individuals in the match must be over 60.

WEATHERIZATION ASSISTANCE PROGRAM

adminsecretary@monroecountynda.org — (570) 421-4300

dced.pa.gov/programs/weatherization-assistance-program-wap

The **Weatherization Assistance Program (WAP)** provides homeowners and renters with free energy-saving updates to their homes, including caulking, weather stripping, and insulation for hot water conservation, saving residents hundreds of dollars each year on heating/utility bills. The work must be done by the program's own crew. To be eligible, one must meet certain financial guidelines, and priority is given to those at higher risk, such as the elderly. The office is at 701 Main Street, Suite 502, Stroudsburg, PA 18360.

PROPERTY TAX / RENT REBATE PROGRAM

www.revenue.pa.gov/incentivescreditsprograms/propertytaxrentrebateprogram

Monroe County Area Agency on Aging — (570) 420-3735

Homeowners, renters, and some residents of personal care/nursing homes may be eligible for a **rebate on their paid taxes or rent**. Applicants must be 65 or older, widows/widowers 50 or older, or 18 or older with a disability. Starting January 16th, the Dept. of Revenue will open the filing period for those eligible to submit applications for rebates on property taxes and rent paid in 2023. **The maximum standard rebate has increased from \$650 to \$1,000, and the income cap for both renters and homeowners has increased to \$45,000/year.**

2024 Eligibility for Homeowners and Renters:

Income	Maximum Rebate
\$0 to \$8,000	\$1,000
\$8,001 to \$15,000	\$770
\$15,001 to \$18,000	\$460
\$18,001 to \$45,000	\$380



Important Dates in 2024 for the Property Tax / Rent Rebate Program:

January: Dept. of Revenue opens the online rebate application on myPATH (mypath.pa.gov) to allow those eligible to file. Booklets will be mailed to those who filed an application last year.

April: Posting/processing begins, and automated calls begin to notify applicants their applications were received.

June: Automated calls begin to notify applicants that their applications were approved. Filing deadline is June 30th, but it could be extended.

July: Rebates will start to be paid out on July 1st.

Eligible applicants can apply online at mypath.pa.gov or pick up an application at the Monroe County Area Agency on Aging, 724 Phillips Street, Suite 102, Stroudsburg, PA 18360.

SCHOOL DISTRICT PROPERTY TAX REBATES

Monroe County Area Agency on Aging — (570) 420-3735

In addition to the Property Tax Rebate Program, **each Monroe County school district offers a rebate on school taxes.** The guidelines are similar, but each district has some variation. **The rebate is based on the balance of school taxes not reimbursed under the Property Tax Rebate Program.** Copies of paid school tax receipts and Property Tax Rebate Program receipts must accompany applications, along with proof of income and age. These are the participating school districts and their application periods:

East Stroudsburg Area School District: July 1st through October 31st

Pleasant Valley School District: February 1st through June 30th

Pocono Mountain School District: January 1st through December 31st

Stroudsburg Area School District: February 1st through June 30th

FEDERAL INCOME TAX RETURN FOR 2023 INCOME

www.irs.gov - For assistance appointments, call 211 or (855) 567-5341

A federal income tax return for 2023 must be filed if a certain amount of gross income was made. The following apply to those 65 and older:

Single filing status must file if total gross income was **\$15,700 or more.**

Joint filing status must file if combined gross income was **\$30,700 or more.** If spouse is under 65, threshold decreases to **\$29,200 or more.**

Free assistance in completing federal income tax returns may be available for those ages 60 and older by AARP and United Way volunteers through the income-based

Volunteer Income Tax Assistance (VITA) Program. Those interested in assistance can make an appointment by dialing **211**; **as of March 2024, all appointments for VITA are filled.** Free tax preparation can also be sought through the IRS website:

www.irs.treasury.gov/freetaxprep.

PENNSYLVANIA PERSONAL INCOME TAX RETURN FOR 2023 INCOME

www.revenue.pa.gov - For assistance appts, call 211 or (855) 567-5341

Anyone who receives taxable income in Pennsylvania must file a Pennsylvania **Personal Income Tax Return**, even if no tax is due with the return. In Pennsylvania, pensions are nontaxable. Under certain circumstances, some may be eligible for **tax forgiveness through Form PA Schedule SP (PA-40 SP)**. The income-based **Volunteer Income Tax Assistance (VITA)** Program volunteers assist seniors with state taxes, too; dial **211** to make an appointment, **but as of March 2024, all appointments for VITA are filled**. More free tax preparation locations are available at www.irs.treasury.gov/freetaxprep.

SOCIAL SECURITY & SUPPLEMENTAL SECURITY

www.ssa.gov — (800) 772-1213 or (888) 835-6169

Social Security is the nation's basic method of providing a continuing income when family earnings are reduced or end due to retirement, disability, or death. One may begin receiving benefits **between 62 and 70 years of age**. Exceptions apply to some workers who become severely disabled before turning 65, who may be eligible to receive Social Security Disability benefits. Certain family members can receive survivors benefits if a worker passes away. **Monthly benefits had a 3.2% increase in 2024**. Applications can be submitted up to 3 months prior to the planned retirement date. The **Social Security office** is at 9090 Franklin Hill Road, Suite 101, East Stroudsburg, PA 18301.

Supplemental Security Income (SSI) is a federal program that provides monthly income to persons ages 65+ with little to no income or resources and people with disabilities. Eligible persons' monthly payments vary depending on their living situation, income, and assets. The **Social Security office** is located at 9090 Franklin Hill Road, Suite 101, East Stroudsburg, PA 18301.



SENIOR LAW HELPLINE

Mondays-Thursdays, 10am-12pm — (877) 727-7529

The **Senior Law Helpline** is a free hotline staffed by attorneys who offer legal information, advice, and referral services to Pennsylvania residents ages 60+.

NORTH PENN LEGAL SERVICES

www.northpennlegal.org — (570) 424-5338

Monroe County Area Agency on Aging — (570) 420-3735

North Penn Legal Services provides free legal help, information, and resources to **low-income Northeast Pennsylvanians** who have issues related to family law, housing, public benefits, and other civil legal matters. Services such as **power of attorney, simple wills, and living wills** require a referral from the **Monroe County Area Agency on Aging** to determine if income requirements are met. North Penn Legal Services is located at 10 North 10th Street, Stroudsburg, PA 18360.

VETERANS AFFAIRS OFFICE

monroecountypa.gov/departments/veterans-affairs - (570) 517-3187

Our local **office of Veterans Affairs** offers many benefits for Monroe County Veterans.

Most of these **benefits require a particular period of service and an honorable discharge**; all other types of discharges are subject to review on a case-by-case basis.

The **Veterans Pension program** provides monthly payments to wartime Veterans. The pension benefit is income-based, and compensation is determined by disabilities related to service. There's also a **Veterans Discount Card** which may be used at select businesses within Monroe County. **Some other benefits** include a \$100 county death benefit for burial of a veteran or their widow, grave flag holders and flags, \$100 headstone installation, recording and certified copies of DD214s, written correspondence for Veterans and dependents involving Federal or State benefits, and more. The Veteran's Affairs office is located at 1 Quaker Plaza, Room 101, Stroudsburg, PA 18360.





PUBLIC TRANSPORTATION

www.gomcta.com — (570) 839-6282

The **Monroe County Transit Authority (MCTA)**, aka Pocono Pony, offers a variety of public transportation services to all residents of Monroe County. All vehicles are ADA accessible. Programs that apply to **seniors**, 65 years of age and older, include:

The **Fixed Route** provides free transportation for seniors. Application for a transit card requires proof of age. Seniors can apply in person at MCTA, 134 MCTA Drive, Swiftwater, PA 18370 and the Loder Senior Center, 62 Analomink Street, East Stroudsburg, PA 18301. Applications can be found online at gomcta.com or apply.findmyride.penndot.pa.gov

The **Shared Ride Program** provides rides for those who live more than ¼ of a mile from a Fixed Route bus stop, allowing seniors to use public transit to get to medical appointments, grocery stores, and social outings. The program requires an application as well as trip reservations. Trips must be scheduled by noon the day before the requested trip; however, reservations can be made up to two weeks in advance. Shared Ride requires a copay.

The **Medical Assistance Transportation Program** offers free transportation for medical-related trips only via Fixed Route or Shared Ride as well as mileage reimbursement. The program requires an application, and clients must be enrolled in Medical Assistance, aka Medicaid.

Other transportation options:

PonyPlus is an on-demand service open to all ages and runs from 6:30am to 6:30pm Monday through Friday in two geographic areas: Tri-Boro Connector (Delaware Water Gap, East Stroudsburg, and Stroudsburg boroughs) and Pocono Summit Connector (Pocono Summit and Mount Pocono Borough). Using the PonyPlus smartphone app, customers can book a ride for \$2 per trip.

RETIRED STATUS VEHICLE REGISTRATION

www.dmv.pa.gov/vehicle-services/title-registration/pages/retired-status.aspx

Monroe County Area Agency on Aging — (570) 420-3735

Senior drivers who live in Monroe County may qualify for a **reduced processing fee of \$11** when renewing their vehicle's registration. **Eligible applicants must be retired and receiving benefits from Social Security, SSI, retirement, or other pensions/annuities.** Income from other sources must be considered when calculating **total income, which must not exceed \$19,200.** The vehicle must be titled/registered to the applicant's name, and if the vehicle is registered jointly, at least one of the registrants must meet the above requirements. Applications are available at the Monroe County Area Agency on Aging at 724 Phillips Street, Suite 102, Stroudsburg, PA 18360.

DISABILITY PLATES AND PLACARDS

www.dmv.pa.gov/information-centers/business-partner/pages/parking-placards.aspx

Monroe County Area Agency on Aging — (570) 420-3735

The Pennsylvania Department of Transportation provides a **free placard (or a license plate for \$13)** to eligible disabled individuals. They are recognized in all fifty states and are valid for five years. **Eligible PA residents must be either a totally disabled Veteran or an individual without full use of a limb, is blind, or has another disability.** A physician or police officer must verify the applicant's disability, and the form needs to be notarized. Veteran placards and plates require verification by the Department of Veterans Affairs. Applications are available at the local PennDOT Driver License Center at 4218 Manor Drive, Stroudsburg, PA 18360 and at the Monroe County Area Agency on Aging, 724 Phillips Street, Suite 102, Stroudsburg, PA 18360.



YELLOW DOT PROGRAM

www.penndot.pa.gov/travelinPA/pages/yellow-dot.aspx

Monroe County Area Agency on Aging — (570) 420-3735



PA's **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 glove compartment for vital information so adequate medical attention is given. Participants complete a personal information form, attach a photo showing only their head and shoulders to the front, and leave its folder inside the glove box. The sticker is placed in the lower-lefthand corner of the vehicle's rearview window.

AMERICORPS RETIRED SENIORS VOLUNTEER PROGRAM (RSVP)

www.americorps.gov/serve/american-seniors/american-seniors-rsvp

(570) 420-3747 — Neal Gallagher, ngallagher@monroecountypa.gov

AmeriCorps Seniors RSVP is America's largest volunteer network for people ages 55 and over, matching the talents, skills, and experiences of volunteers with challenging and exciting opportunities at local nonprofit agencies, schools, government offices, and other organizations. RSVP volunteers build ramps, tutor, visit, grocery shop, compute, knit, serve, drive, and much more. They choose to serve however often they like. The Monroe County branch is located at 411 Main Street, Suite 102B, Stroudsburg, PA 18360.

THE OLDER ADULT LEARNING COMMUNITY (TOALC)

www.theoalc.org — (570) 422-7810 — info@theoalc.org

The Older Adult Learning Community (TOALC) is an independent community organization in East Stroudsburg offering many diversified courses geared to the interests of its members with topics such as art, history, finance, health, sports, philosophy, and writing. They are dedicated to the philosophy that learning should be a lifelong endeavor and that continuous educational pursuits in retirement contribute to the quality of life. Classes are available in-person and virtually, and they are offered on a semester basis, in the winter and in the summer, for **\$45 per semester**. Their office is located at 55 Smith Street, East Stroudsburg, PA 18301. To enroll, visit their website.

LIFELONG LEARNER PROGRAM

www.esu.edu/admissions/undergraduate/senior-citizen.cfm

(570) 422-3542 — admission@esu.edu

East Stroudsburg University invites senior citizens to enroll in courses tuition-free. The **Lifelong Learner Program** exists to make educational opportunities available to seniors for enrichment, enjoyment, and intellectual stimulation. To qualify, one must be at least sixty years of age, retired, and a PA resident. Enrollment is subject to the availability of space, and a degree cannot be earned. Those with bachelor's degrees are able to take graduate courses but must apply using a separate application. To apply, visit the link above. Once registered, a bill for tuition and fees will be mailed, but it must be returned to the Business Office with the notation "Senior Citizen Tuition Waiver".

LOCAL LIBRARIES

www.monroelibraries.org

Public libraries are a great resource for a variety of materials, resources, and services, including books and audiobooks, printing/copying, classes, book clubs, and more.

Monroe County is the home of five public libraries:

1. **Barrett-Paradise Friendly Library** in Cresco: (570) 595-7171
2. **Clymer Library** in Pocono Pines: (570) 646-0826
3. **Eastern Monroe Public Library** in Stroudsburg: (570) 421-0800
4. **Pocono Mountain Public Library** in Tobyhanna: (570) 894-8860
5. **Western Pocono Community Library** in Brodheadsville: (570) 992-7934

The Eastern Monroe Public Library offers a mobile library called the Bookmobile. To see its schedule, visit www.monroepl.org or call (570) 202-7268.

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM

www.aarp.org/aarp-foundation/our-work/income/scsep

(570) 972-0080

The **AARP Senior Community Service Employment Program (SCSEP)** is the nation's oldest program to help low-income, unemployed individuals aged 55+ find work.

AARP Foundation first matches eligible older job seekers with local nonprofits and public agencies so they can increase skills and build self-confidence while earning a modest income. Based on their employment interests and goals, participants may also receive supportive services and skills training through an educational institution. Their SCSEP experience most often leads to permanent employment. The AARP office is located at 354 Memorial Boulevard, Room 5, Tobyhanna, PA 18466.

SCHOOL DISTRICT BENEFITS

East Stroudsburg Area School District: Residents of the district ages 55+ can bring proof of age to sporting events and other functions for complimentary tickets.

Pleasant Valley School District: Residents of the district who are 65+ may attend any sporting event, play, or function for free with presentation of ID.

Pocono Mountain School District: Residents of the district who are 60+ can apply for the Gold Card Club to receive a card that entitles members to free/reduced admission to school-sponsored events. Applications can be picked up at the MCAAA.

Stroudsburg Area School District: Residents of the district who are at least 55 years of age may attend any sporting event, play, or function for free with presentation of ID.

HUNTING AND FISHING LICENSES

www.pgc.pa.gov & www.fishandboat.com

Older Pennsylvanians may purchase hunting and fishing licenses at reduced rates:

2024 HUNTING LICENSE PRICING FOR SENIORS 65+

Resident Senior Hunting License (1 year)	Includes one antlered deer tag, one fall turkey tag, one spring turkey tag, and small game hunting privileges	\$13.97
Resident Senior Lifetime Hunting License	Same as above, but can be renewed every year for free	\$51.97
Resident Senior Lifetime Combination License	Same as above, but also includes archery, muzzleloader, and furtaker privileges (does not include bear, migratory game bird, special spring gobbler, or antlerless deer license privileges)	\$101.97
Resident Senior Lifetime Combination Upgrade License	Issued to current senior lifetime hunting license holders who desire to upgrade their privileges to the combination category	\$51.97

2024 FISHING LICENSE PRICING FOR SENIORS 65+

Senior Resident (Annual)	\$14.47	Disabled Veterans Resident	Free
Senior Resident (Lifetime)	\$86.97	3-Year Senior Lifetime Trout	\$40.97
3-Year Senior Resident	\$39.47	5-Year Senior Lifetime Trout	\$66.97
5-Year Senior Resident	\$64.47	10-Year Senior Lifetime Trout	\$131.97
Disabled Veterans Reduced	\$2.97		

MUSEUMS FOR ALL

www.phmc.pa.gov/museums/pages/museums-for-all.aspx

The **Museums for All** program enables low-income families to explore Pennsylvania's rich history and culture by visiting participating state-owned museums for a minimal fee of \$2 per person with presentation of an Electronic Benefits Transfer (EBT) card and identification. This offer is good for general admission only and excludes special programs or events.

NATIONAL PARKS AND FEDERAL LANDS PASS

(888) 275-8747 — store.usgs.gov/lifetime-senior-pass

The federal government administers **discounted passes to Americans ages 62 and older for admission to National Parks, monuments, and recreational lands**. At many sites, senior passes provide a discount on expanded amenity fees such as camping, swimming, boat launching, and guided tours. Passes can be purchased in-person at a federal recreation site or online at the link above. National Park Service Visitors' Centers in Kittatinny, Dingmans Falls, and Bushkill, as well as the Delaware Water Gap National Recreation Area park headquarters issue passes as well.

PA ASSISTIVE TECHNOLOGY FOUNDATION (PATF)

(484) 674-0506 — www.patf.us — patf@patf.us

The **PATF** helps older and disabled Pennsylvanians **acquire the assistive technology devices and services** they need by providing financial education, 0% interest loans, and other resources. Assistive devices may include items such as adapted vehicles, hearing aids, lift chairs, computers, home modifications, scooters, security devices, and more.

LIFELINE TELEPHONE ASSISTANCE PROGRAM

(800) 234-9473 — www.lifelinesupport.org — lifelinesupport@usac.org

Lifeline is a federal program dedicated to **making phone and internet services more affordable** for low-income households by lowering the monthly cost. Eligible Pennsylvanians must meet certain financial eligibility guidelines or use federal assistance such as SNAP, Medicaid, or other programs. The discount is in the form of a reduction to the bill paid to service providers.

PHOTO IDENTIFICATION CARD

www.dmv.pa.gov/driver-services/photo-id2

Monroe County Area Agency on Aging — (570) 420-3735

Pennsylvania residents can receive a **non-driver Photo ID card** by completing form DL-54A "Application for Initial Identification". The Photo ID clearly indicates that it is not a driver's license. **Cost for a four-year ID in 2024 is \$41.50**. Individuals who have not had a PA Driver's License must provide a completed DL-54A form along with acceptable proof of ID, Social Security Card, two acceptable forms of address verification, and a form of payment. Forms are available at the local **Driver License Center** at 4218 Manor Drive, Stroudsburg, PA 18360 and at the **Monroe County Area Agency on Aging**.

DO NOT CALL LIST

www.donotcall.gov — (888) 382-1222 (TTY: (866) 290-4236)

Most telemarketers cannot call a number if it is in the **National Do Not Call Registry**. Home and mobile phone numbers can be registered for free. PA residents can also call the state hotline at (888) 777-3406 ext. 3.

KINCONNECTOR

(866) 546-2111 — www.kinconnector.org

KinConnector is a free and confidential resource for **grandparents and other relatives who are raising children** that offers empathy, assistance, and referral services. Agents assist by providing information on financial assistance, legal information/referrals, health services, support groups, school enrollment, federal benefits, and other issues caregivers face when raising children to provide stability and permanency in the home.



POCONO PET PANTRY

(570) 269-7376 — info@poconopetpantry.org

www.petpantry.org

Pocono Pet Pantry provides quality food to families experiencing financial hardship. **To qualify for aid, applicants must reside in Monroe County and be willing to pick up food in Mount Pocono on the scheduled distribution days.** Animals must be spayed/neutered. Visit their website for information about income guidelines or to apply.

NURSING HOMES

Brookmont Healthcare and Rehabilitation Center	510 Brookmont Drive, Effort, PA 18330 (610) 681-4070 info@brookmonthc.com
The Gardens at Stroud	221 E. Brown Street, East Stroudsburg, PA 18301 (570) 421-6200 admissions@gardensstroud.com
Pleasant Valley Manor	4227 Manor Drive, Stroudsburg, PA 18360 (570) 992-4172 www.pvmnh.com
Whitestone Care Center	370 White Stone Corner Road, Stroudsburg, PA 18360 (570) 476-1600 saberhealth.com/locations/whitestone-care-center

LICENSED PERSONAL CARE FACILITIES

Mrs. Bush's Personal Care Home — Chestnut Ridge & Country View	PO Box 327, Kunkletown, PA 18058 (610) 381-3713 contact-us@mrsbushcares.com
Fitzmaurice Community Services	2115 N. 5th Street, Stroudsburg, PA 18360 (570) 424-6223 fitzmaurice.org/services/residential
The Getz Personal Care Home	1026 Scenic Drive, Kunkletown, PA 18058 (570) 629-1334 getzpch@ptd.net
Spring Village at Pocono	329 E. Brown Street, East Stroudsburg, PA 18301 (570) 426-4000 dcr@springvillagepocono.com
Asbury Grace Park	1170 W. Main Street, Stroudsburg, PA 18360 (570) 424-8166 kbayer@graceparkseniorliving.com
Gluco Lodge	1127 Kemmertown Road, Stroudsburg, PA 18360 (570) 992-7270 nataley@glucolodge.com
Lakewood Retreat	1482 Cherry Lane Road East Stroudsburg, PA 18301 (570) 421-7668



The Pennsylvania Link to Aging and Disability Resources (**PA Link**) is designed to help seniors and disabled persons connect with local services and supports for no charge:

(800) 753-8827

Important Phone Numbers

CareerLink	(570) 620-2850	Meals On Wheels	(570) 424-8794	Redevelopment Authority	(570) 421-4300
Courthouse	(570) 517-3400	Medicare	(800) 633-4227	Salvation Army	(570) 421-3050
Department of Health	(877) 395-8930	Mental Health Services	(570) 421-2901	Social Security	(800) 772-1213
Eastern Monroe Public Library	(570) 421-0800	Ombudsman	(570) 344-7190	St. Luke's Hospital — Monroe	(272) 212-1000
Housing Authority	(570) 421-7770	Prescription Assistance (PACE)	(800) 225-7223	Transportation Authority	(570) 839-6282
Legal Services	(570) 424-5338	Property Tax / Rent Rebate	(888) 222-9190	United Way	(570) 517-3953
Lehigh Valley Hospital — Pocono	(570) 421-4000	County Assistance Office (CAO)	(570) 424-3030	Veterans Affairs	(570) 517-3187

LOCAL GOVERNMENT OFFICIALS

Monroe County Commissioners

John D. Christy, Chairman

David C. Parker, Vice Chairman

Sharon S. Laverdure, Commissioner

<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>

Voter Registration Office

1 Quaker Plaza, Room 105, Stroudsburg, PA 18360 — (570) 517-3165



The Monroe County Area Agency on Aging

has compiled this booklet containing information on benefits currently available to eligible persons. Guidelines for programs are informational and subject to change at any time. The MCAAA, staffed by professionals in the aging field and guided by the Pennsylvania Department of Aging, strives to improve the quality of life of Monroe County's older citizens through the coordination of existing services and the development of essential programs. The agency is governed by the Monroe County Commissioners, and their services are continually reviewed by an advisory council composed of individuals who represent all areas of the county and who have a sincere interest in aging affairs.

724 Phillips Street, Suite 102, Stroudsburg, PA 18360

Open 8:00am - 4:30pm; available 24 hours/day for reports of Elder Abuse & Neglect

(570) 420-3735 or toll-free (800) 498-0330; monroeaging@monroecounty.gov

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

Facebook: www.facebook.com/MCPAAAA