



# Monroe County Seniors' Express Times

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

Volume 17 Issue 1



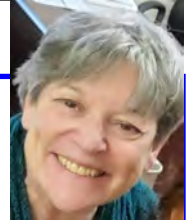
JANUARY 2025

**SENIOR CENTERS &  
COUNTY OFFICES  
WILL BE CLOSED:**

**Jan 1 New Years**

**Jan 20 Martin L King**

## A FINAL Word From The Editor *Merle Turitz*



All good things must come to an end, so they say. After 16 very meaningful and wonderful years, I've made the decision to retire from the Aging Office. This was not an easy decision because I've had a great ride, first as RSVP Assistant to the legendary RSVP Director Norma Fagan, then as her replacement for 14 years, and then just a few years ago, to Community Services Supervisor overseeing the four senior centers, as well as RSVP, PA MEDI and HEALTH & WELLNESS. And the most fun of all, editing this monthly newsletter, which I hope you've found interesting, humorous, at times compelling and often educational. Thrown in has always been interesting events, discounted tickets, a few fundraisers and always pictures of our seniors in action. Mostly, I just didn't want you to sit still and grow old. Oh Yes, definitely grow old—but with enthusiasm, adventure, knowledge, joy, hope and certainly a positive attitude and a great sense of humor.

I've heard all your stories and I've told a bunch of my own. Life is not easy for any of us, but we always have the option to choose how we will face those issues. Working at the senior centers proved to me that facing issues with a friend is a heck of a lot better than burdening things alone. Everyday I am inspired by our seniors who make the decision to get dressed, wait for a bus (sometimes way too long), travel to their nearest center to join with friends to play dominoes, exercise, use their brains, do crafts, chat, eat a hot meal—and of course play bingo, canasta, cards or board games with extreme focus. Whatever the activity, they choose to not sit home alone, but make that effort to spend a few hours forgetting their arthritis, their problems, their finances, their issues, their neglectful children—whatever it may be. The center managers ensure they have a great day. Similarly, senior volunteers from RSVP make those very same decisions, getting out to help others and putting their own issues to the side. The original RSVP Director Norma Fagan, my mentor, was known for saying, "RSVP gets you out of your slippers and into your sneakers." A perfect description to aging gracefully.

And now I have to continue to remind myself of these important lessons now that I won't have my job impel me to get up at 6:00 and get motivated—although my pups don't really care about my motivation when it's feeding time! People have asked me what my plans are. One is to sleep in to at least 7:00! My kids got me a membership to the Stroudsmoor pool, so I'm looking forward to swimming again. My wonderful partner fixed up my sewing room and I can't wait to learn all about my new embroidery machine. We're talking about getting a camper, scooping up our two dogs and maybe traveling around the country a bit. I'll join TOALC and take some classes. I've told Laura from PA MEDI that I will join the ranks of Medicare volunteers in time for open enrollment next year (or maybe 2026!!) ...and that's just for starters. The possibilities are endless. As many of you know, because I brag all the time about them, I've raised four wonderful boys who, except for one in Arizona, all live on the East Coast, making my travel plans pretty predictable.

I am so grateful for having had the privilege of working for the County, a place that has allowed me to raise my family, afford a roof over our heads, be able to enjoy memorable vacations and most of all, provide healthcare for them all while holding a job of which I'm extremely proud. And while I've heard my share of complaints and gripes about local services, I will say that my experience working side by side with so many local, county and state employees is that most of them are dedicated and hard-working, really caring about our residents. Eh, yeah there are some complacent slackers, but by far, they dwarf in comparison to the ones who show up and give it their all. As for my staff that I am bequeathing to Denise Dunkelberger, she will find they are the hardest and most dedicated workers of all. It has been a honor to work alongside such selfless people.

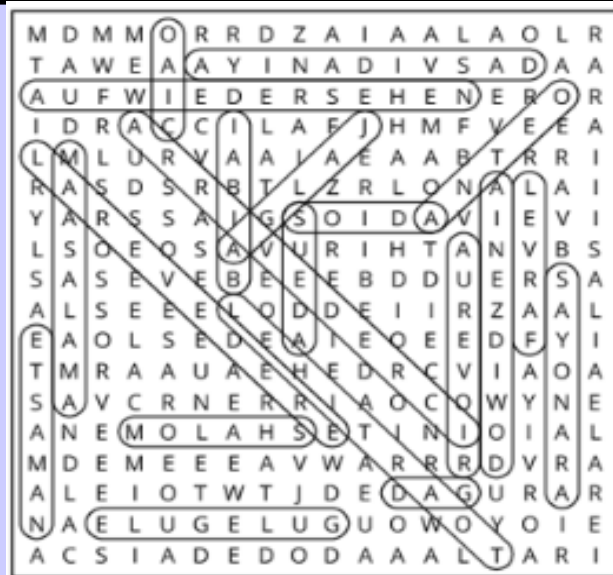
I'm sticking around Monroe, at least for a while, so I hope our paths cross again. Thanks for this journey.

**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

**BOOK MOBILE SCHEDULE 2025  
EVERY OTHER THURSDAY—NOON**

Jan 9 & Jan 23	Feb 6 & 20
Mar 6 & 20	Apr 3 & 17
May 1, 15 & 29	Jun 12 & 26
Jul 10 & 24	Aug 7 & 21
Sep 4 & 18	Oct 2, 16 & 30
Nov 13	Dec 11

Schedule subject to change.



**The Bookmobile will stop at Loder on Jan 9 & 23 at NOON**



**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 \* Complete Jig Saw puzzles \* 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!**



# 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 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.



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

Visit SenatorBrown40.com for additional information.

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

## From State Rep. Jack Rader – 176<sup>th</sup> Legislative District DID YOU KNOW?



ELIGIBLE SENIORS CAN GET THE RETIRED STATUS DISCOUNT  
VEHICLE REGISTRATION?

GET THE \$11.00 REGISTRATION RENEWAL

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

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

Effort, PA 18330

570-620-4341

Blakeslee, PA 18610

570-643-7683

## Social Security Announces new Cost of Living allowance is 2.5%

**\*REMINDER\*** There is a **Medicare Advantage** Open Enrollment Period from January 1 - March 31, for Beneficiaries with Medicare Part C (Medicare Advantage Plan) to review their plan and make a change back to Original Medicare OR change to a new Medicare Advantage Plan. **You must already be in a Medicare Advantage Plan in January to participate in this Open Enrollment period.**

## PA NAVIGATE—CONNECTING YOU WITH SOCIAL SERVICES BY ZIP CODE

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



Lions Club used  
prescription  
glasses drop off  
box located at the  
RSVP Office.

**75" x 75" Square Hand-Made Quilt Drawing!**  
**HELP OUR LOCAL SENIOR CENTER RAISE FUNDS FOR ACTIVITIES,**  
**ENTERTAINMENT & EVENTS!!**

**\$5 per chance! \$5 per chance!**

On Tuesday mornings, Loder Center Quilters meet to chat, sew and create gorgeous quilted projects for charities around the county. To thank Loder for all it does to promote this talented group, they have decided to create and donate this beautiful quilt to be raffled off this Spring. To take a chance on winning this beautiful work of art, please complete the ticket below and send (or drop off) as indicated.

**THANK YOU!!**



**WINNER WILL BE DRAWN  
ON TUESDAY, APRIL 1, 2025**

**DROP OFF YOUR CHANCE  
AT LODER BUILDING OR  
MC AGING (or mail to  
724B Phillips St Stroudsburg PA  
18360**

**DRAWING FOR THE 75" x 75" Hand-Made Quilt  
RAISING FUNDS FOR OUR LOCAL SENIOR CENTER  
WINNER WILL BE CHOSEN TUESDAY, APRIL 1, 2025**

Name \_\_\_\_\_

I understand that for every \$5 chance I purchase, the Aging Office will duplicate this ticket.

# \_\_\_\_\_ of chances x \$5 = \$ \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

**PLEASE WRITE CLEARLY!!**

Please send \$5.00 Check (per chance) to MC Aging 724 B Phillips Street Stroudsburg, PA 18360. Drop off can also be done at the Aging Office or the Loder Building at 62 Analomink Street East Stroudsburg PA 18301. Call 570-420-3745 for more details.





## PA MEDICARE EDUCATION DECISION & INSIGHT OPEN ENROLLMENT RECAP by Laura Pride, Coordinator



The Medicare Annual Open Enrollment Period has come to a close after 7 fast and furious weeks. My volunteers and I counseled a record breaking 300+ Monroe County residents regarding their Medicare coverage. We are a great team! I also know that Aging referred close to 100 people to use the 1-800-MEDICARE number for assistance as our PA MEDI appointments filled very quickly and many called in October only to find out that there were no more appointments! This year's changes to Medicare Advantage Plans and Medicare Drug Plans were significant regarding premiums, deductibles, and caps on total out of pocket costs for medication. Additionally, the commercials on television, robocalls and junk mail were, incessant, confusing and frightening. I received many phone calls from confused and scared consumers. Our office recognizes the anxiety that Medicare beneficiaries have, and while we can't accommodate everyone during the allotted time, here are some important points regarding Medicare enrollment periods. Those of you on Medicare Advantage (not Original Medicare) may just have another chance to review and pick plans!

1. The Medicare Annual Open Enrollment Period runs from October 15 through December 7 each year. This is the time when Medicare beneficiaries can do the following:

- a. Review and change Medicare Part D (prescription) plans.
- b. Review and change Medicare Part C (Medicare Advantage) plans
- c. Pick a Medicare Advantage (Part C) Plan if they are not currently in one.  
(\*\*\* Note- You do NOT need to have a Medicare Advantage Plan, especially if you have a supplement known as a Medigap plan.)
- d. Reminder for next year! Call to make your appointment for a Medicare Review on September 15. We begin filling our schedule in advance and it fills up fast!**

2. There is a **Medicare Advantage** Open Enrollment Period from January - March 31 each year, for Beneficiaries with Medicare Part C (a Medicare Advantage Plan) to review their plan and make a change back to Original Medicare OR change to a new Medicare Advantage Plan. You must already be in a Medicare Advantage Plan in January to participate in this Open Enrollment period.

3. If you receive assistance like Medicaid, Medicare Savings Plan (where the state pays for your Medicare Part B premium), Extra Help (fed. assistance paying for medications), or PACE/PACENET (PA's pharmaceutical assistance) you may be able to change your plans more than once a year. Consequently, if you are losing one of these programs due to a change in your income, you will also be given another opportunity to change your Medicare plan.

4. If you are New to Medicare, you have 7 months in which to enroll in Medicare plans. The 7-month period includes the 3 months before your birthday month, your birthday month, and the 3 months after your birthday month.

(Continued on Page 11 )

# Senior Center Menu for JANUARY 2025 Hot/Cold

		Wed 1-1-25	Thur 1-2-25	Fri 1-3-25
		Closed	Honey Mustard Chicken	Baked Fish Caponata
		Closed	Ham & Cheddar	Tuna Salad
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Breaded <sup>^</sup> Chicken Tenders	Beef Tips w/ Mushroom Gravy over Egg Noodles <sup>^</sup>	Pork w/ Apple Gravy	Turkey w/ Gravy	Pierogi w/ Onion & Butter Sauce
Ham & Pickle Salad	Turkey salad	Chick Breast Sand	Rst Beef & Cheddar	Garden Salad
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Sw/Sr Pork	Chicken Carbonara Casserole <sup>^</sup>	Swedish Meatballs	Herb Roasted Chicken Thigh	Veggie Egg Scramble
Chick Salad	Taco Salad	Dill Turkey Salad	Italian Pasta Salad	Tuna Salad
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
CLOSED	Pork Loin Milanese	Chicken Marsala	Beef Fajita Casserole	Baked Fish Thermidor
Closed	Turkey & Cheese	Pork & Relish	Chick Cesar Salad	Egg Salad
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
Shepherd's Pie	Chicken Piccata	Sausage Calabrese	Balsamic Chicken Thigh	Eggplant Parmesan
Turkey Club	Rst Beef & Cheddar	Chick Salad	Salami & Mozz	Spinach Salad

**ALL CENTERS ARE CLOSED FOR HOLIDAYS:  
Jan 1 & Jan 20**

CLOSED FOR THE HOLIDAY

CLOSED FOR THE HOLIDAY

## MONROE SENIOR CENTERS

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

# SUPPORT SERVICES FOR SENIORS NEEDS YOUR HELP!

The mission of SSS is to promote the physical, mental, social and emotional well-being of older adults by providing services that empower them to attain or maintain independence and self care. Your tax-deductible gift provides life-changing help for those who are most in need. Donations can be made in Honor or Remembrance of a loved one.

*Thank You to James Shiono*

## Donation Coupon

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

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

Name: \_\_\_\_\_ Amount of Donation \$ \_\_\_\_\_

Address: \_\_\_\_\_ Zip \_\_\_\_\_

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

In  HONOR or  MEMORY of \_\_\_\_\_

SHARE 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



**Do you have trouble reading  
—even the Large Print?**

The Library of the Blind & Print Disabled offers talking book machines at no cost to those who are eligible. These are simple to use and at no charge to you. Enjoy reading again! Our senior centers now have a machine available to use at the center. However, if you are interested in obtaining a machine (or reading app to your phone) for use at home, please let me know. These are free, as are the books.

Call Merle to learn more. 570-420-3726

YOU are a Resource

YOU are a LINK in the Chain of Life

Are you Over 60, have a disability, or both?

Contact the

PA LINK and get Connected to the resources in your community.

1-800-753-8827

Call and get connected today.

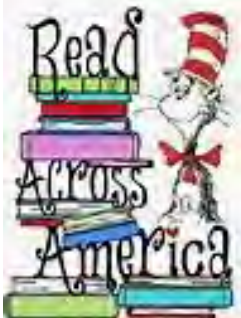


## SEEKING CHILDREN BOOK DONATIONS DROP OFF AT THE MOUNTAIN CENTER



Read Across Monroe is an early literacy project developed in 2016 with Pocono Services for Families and Children, Monroe County Head Start. The group collects, stores & distributes new and gently used children's books (ages 0-9 years) with the goal to put books into the hands of children whose families struggle to afford access to them. Located at The Mountain Center in Tobyhanna, we attend community events and distribute books to families free of charge.

People are also welcome to visit our library at the Mountain Center and take books for their children. It has been proven that children who have books at home do much better in reading skills as they enter school.



If you have any questions, you can email us at [readacrossmonroe@gmail.com](mailto:readacrossmonroe@gmail.com)



Monroe County Weatherization Program  
701 Main Street, Suite 502  
Stroudsburg, PA 18360  
(570) 421-4436

email:  
[weatherization@monroecountyrda.org](mailto:weatherization@monroecountyrda.org)

Weatherization technicians use energy audits to determine which energy efficiency measures are most appropriate and cost-effective for each home.

Applicants qualify for the program based on household size and gross yearly income. Effective **January 2024**, those income limits are:

Household	Income Limit
1	\$30,120
2	\$40,880
3	\$51,640
4	\$62,400
5	\$73,160
6	\$83,920
7	\$94,680
8	\$105,440

(add \$10,760 for each additional household member)

Typical measures include:

- installing insulation,
- caulking around windows,
- weather-stripping around doors,
- performing tune-ups and repairs to heating systems,
- replacing refrigerators to improve efficiency,
- hot water conservation measures, and
- replacing incandescent lighting with CFL or LED bulbs.

The FREE government funded weatherization services are available to both owner occupants and renters.

### Dementia Caregiver Support Group

For caregivers who are caring for people living with Dementia  
Workshop is free and open to the public

#### NEW CALENDAR FOR 2025

SATURDAYS: 1/25, 2/22, 3/22, 4/26, 5/31, 6/28,  
7/26, 8/16, 9/27, 10/18, 11/22, 12/13

10:00 – 11:30 EMP Hughes Library Boardroom  
1002 N. Ninth St Stroudsburg  
1:15 – 2:45 Barret Admin & Rec Complex  
1200 Rt 390 Cresco

Led by Barbara Van Nortwick, M.Ed., OTR/L, CDP  
Please Call to Register: 570-236-3380



## 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](mailto:paransel@ptd.net)





## RSVP CORNER

**Frannie Kresge, RSVP Correspondent**

***PLEASANT VALLEY ECUMENICAL NETWORK  
SERVICES WITHOUT THE STIGMA***



Poverty and food insecurity represent significant challenges for residents of Monroe County yet many individuals often feel hesitant or ashamed to seek assistance. PVEN (Pleasant Valley Ecumenical Network) understands this stigma and aims to shift this mindset by saying “Don’t Let Your Pride Get in the Way. We can help”. Their mission is to “offer low-income families and those in crisis the essentials needed to uphold a dignified standard of living while promoting independence and self-sufficiency.”

PVEN was incorporated in 1989, but its roots trace back even further to dedicated churches that collected and distributed clothing to those in need. Today, PVEN operates as a non-profit organization comprised of 16 multi-denominational churches offering free clothing, groceries, and social service referrals to residents of Chestnuthill, Eldred, Hamilton, Jackson, Ross, and Polk townships. Since 1990, PVEN has partnered with AmeriCorps Seniors/RSVP (Retired and Senior Volunteer Program), marking nearly 35 years of serving our community together!

The Food Pantry at PVEN offers free groceries to 250 to 300 families each month. Choose between pre-bagged drive-thru or individual walk-thru options in aisles resembling a grocery store. Additionally, families can shop the Clothing Closet filled with new and gently used clothing, linens, and personal care items.

They also operate a Diaper and Menstrual Hygiene Pantry to provide families with essential supplies for both children and adults. A Back to School Extravaganza ensures that children begin the school year equipped with a new backpack, school supplies, and personal care items. A Summer Meal Program distributes free, USDA-approved healthy lunches at several locations for children and a December Christmas Toy Program, along with Toys for Tots and the West End Rotary, provides children with free toys and coats during the holiday season.

Staffed with only two paid staff members, it's no surprise PVEN is volunteer driven, contributing tasks like sorting donations to guiding families through the food and clothing pantries. At 90 years old, RSVP volunteer Effie Howarth finds joy in her work and believes that volunteering helps her stay young and active. RSVP Volunteer Diane Snyder shares that experience and emphasizes that by volunteering two days a week sorting and distributing clothes, "You come when you can and do what you can."

PVEN is always welcoming new volunteers. If you're eager to make a positive impact in your community, please reach out to the RSVP Office at 570-420-3747 and have a chat with Neal or Erica regarding the available opportunities at PVEN.









# Health and Wellness Calendar

## JANUARY 2025



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

### BLOOD PRESSURE SCREENING WITH NURSE RACHAEL

Loder Tu Jan 28 @ 10:30  
Mt Center Th Jan 23 @ 10:30

**Exercise with YouTube online classes at Loder or Chestnuthill Centers. Call for info.**

### 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.

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

Call the PA MEDI Helpline 1-800-783-7067 or your local Area Agency on Aging at **570-420-3735**

**pennsylvania**  
Medicare Education and Decision Insight

**Link** **pennsylvania**

(Continued from Page )

PA MEDI (Pennsylvania Medicare Education Decision and Insight) is a free service provided through the Department of Aging through our local Aging Office. For assistance with your Medicare needs, please contact the Aging Office at 570-420-3735 and ask for a PA MEDI referral. We offer counseling, education and outreach for individuals, groups and agencies.

For a meaningful & challenging volunteer opportunity, please consider becoming a PA MEDI volunteer through the RSVP program (570-420-3747).

Wishing you all a wonderful and healthy New Year! Laura Pride, PA MEDI Coordinator


**A BIG THANK YOU TO THE RSVP/PA MEDI VOLUNTEERS WHO HELPED OVER 300 MEDICARE BENEFICIARIES REVIEW THEIR MEDICARE COVERAGE DURING OPEN ENROLLMENT PERIOD!**

**GREAT JOB! Deborah Herbert, Bob McIlmoyle, Ernie Camlet, Michele Claire, John Vivieros, Hope Jones-Packwood and Diane Zimmermann**



## THE SECRET INGREDIENT UNCOVERED

*Traditional Family Recipes by Monroe County Seniors*



**300+ Delicious Recipes**

A DELICIOUS FUNDRAISER FOR SENIOR CENTER ACTIVITIES

## SUPPORT OUR SENIOR CENTERS...

Call 570-420-3745 for cookbook information.

### SPECIAL NEW YEAR BOGO PRICING

~~Regular \$15 each~~  
**NOW!! 2 Books for \$15!!**

**Limited Time! 50% SAVINGS**




## 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



## 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](http://LVHN.org/Volunteer) or call 610-969-2850.



## 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](mailto:Maggie@poconojrc.org)

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



### What is LIHEAP?

If you need help paying your heating bills, or have a heating emergency...

Household Members	Annual Income
1	\$22,590
2	\$30,660
3	\$38,730
4	\$46,800
5	\$54,870
6	\$62,940
7	\$71,010
8	\$79,080
Above 8	+\$8,070/person

- Apply Nov 4, 2024 – Apr 4, 2025
- Apply at [www.compass.state.pa.us](http://www.compass.state.pa.us) or call CAO Monroe at 570-424-3517.
- You do not have to be on Public Assistance
- You don't need to have an unpaid heating bill
- You can either rent or own your home

# 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](http://www.aaa.com/seniordrivertraining)

## ANNOUNCING A NEW PENN CARES PROGRAM SPRING 2025

### WELLNESS INITIATIVE FOR SENIOR EDUCATION (WISE)

1. Understanding the Changes Associated with Aging
2. Aging Sensitivity
3. Valuing Cultural & Generational Diversity
4. Medication & the Older Adult
5. Substance Abuse, Addiction & Older Adults
6. An Enhanced Quality of Life



WISE participants increase their knowledge about how their bodies age, how the process affects their ability to metabolize alcohol and meds and how to recognize the signs of depression. Participants are more likely to improve health behaviors related to lifestyle choices, health care and use of OTC & Prescribed medications.

Six 2-Hour Classes will be held at the Safety Center in Stroudsburg (Gypsum Rd) 3/13, 3/27, 4/9, 4/24, 5/14 & 5/29. Class size is limited. **Please respond to Denise at [DDUNKELBERGER@MONROECOUNTYPA.GOV](mailto:DDUNKELBERGER@MONROECOUNTYPA.GOV) 570-420-3726** if you are interested in attending. Priority will be given to previous class attendees until Feb. 1.

(Thank you to a grant from the Abeloff Foundation)

# HOW YOU CAN HELP OTHERS



## Volunteers Needed!

For more information:  
Linda Raudabaugh - Volunteer Manager  
570.424.8794  
[lraudabaugh@monroemeals.org](mailto: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](mailto:rsvp@monroecountypa.gov)



**SUPPORT SERVICES FOR SENIORS**

724 Phillips Street  
Suite 102  
Stroudsburg, PA 18360

*Return Service Requested*

**FEB 2025 Issue Deadline JAN 3 To  
ABENDER@monroecountypa.gov**

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# GOOD BYE, MY FRIENDS!



**Adeus**

**Auf Wiedersehen**

**Do Widzenia**

**Lehitraot**

**Adios**

**BaiBai**

**Farvel**

**Maasalama**

**Anteo**

**Ciao**

**Gule Gule**

**Namaste**

**Arrivederci**

**Dag**

**Jalga**

**Sayonara**

**Au Revoir**

**Dasvidaniya**

**LaRevedere**

**Shalom**