



Monroe County Seniors' Express Times

Special points of interest:

- What is LIHEAP?
- Presidential Quotes
- Do You have Medicare?
- Sudoku
- We Need Your Help!
- Halting Hypothermia
- Photo ID Card
- Chicken Parmigiana Recipe
- Aging Office One Stop Resource for Older Adults
- Volunteer Opportunity



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AARP Tax Assistance

The Schedule for AARP and IRS-VITA/TCE Tax Program for the 2016 tax year is listed below. No appointments necessary at any site. Free tax help for all ages with special attention to SENIORS. Federal, State and Local Taxes as well as Rent and Property Rebates will be completed. This service is being performed through the generosity of VOLUNTEERS from AARP, VITA/TCE and agents of the Pennsylvania Department of Revenue.



FEBRUARY 1 – APRIL 15, 2017 FROM 9:00 AM – 12:00 Noon (unless noted)

Mondays	Tannersville	Rt. 611 Tannersville Municipal Bldg 570-629-1922
Tuesdays	Stroudsburg Middle Smithfield	Rt. 611 Hughes Public Library 570-421-0800 25 Municipal Drive, Municipal Building 570-223-8920
Wednesdays	Tobyhanna	Tobyhanna Township Building 570-643-7683
Thursdays	Stroudsburg	Rt. 611 Hughes Public Library 570-421-0800
Saturday	Smithfield 10 am to 1 pm	Smithfield Library 507 Seven Bridges Rd (Route 209), East Stroudsburg, PA 570-223-1881

PLEASE BRING THE FOLLOWING ITEMS WITH YOU: Photo Identification as well as social security cards for yourself and any dependents. Form 1035A if you purchased insurance under the Affordable Care Act. 2 pre-printed return address labels, 2 #10 (business size) envelopes to be used for your tax return, along with your 2015

(Continued on page 7)

Support Services for Seniors is a 501c3 charitable organization. They are governed by an all volunteer nine person Board of Directors.

Support Services for Seniors' 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. 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 emphasis on Aging issues, providing funding for home repairs to low income seniors and to raise funds to support the objectives of the organization.

This organization has a website which lists a calendar of events and links to other services. The website address is www.poconoseniors.org.

THE MONROE COUNTY SENIORS' EXPRESS TIMES

Published monthly by Support Services for Seniors with contributions from the Monroe County Area Agency on Aging, funded in part by a grant from the Pennsylvania Department of Aging.

SSS Board Members: Dan Corveleyn - President, Mary Louise Parker- Vice President, Loretta Winslett - Treasurer, V. Tim Hayes - Secretary, William Raczko, John A. Casella, Ray Guernsy, and Lori Ruiz

All editorial comments, requests or articles for submission should be addressed to Support Services for Seniors, Seniors' Express Times, Editor, Gretchen Peters, 724 Phillips Street, Suite 102, Stroudsburg, PA 18360.

The Monroe County Area Agency on Aging

724 Phillips Street, Suite 102, Stroudsburg, PA 18360-2224

Office Hours: 8:00 AM to 4:30 PM, Monday-Friday, On-call 24 hours a day.

The Area Agency on Aging provides a variety of services to Monroe County residents age 60 and older. **Services include:** Information & Referral, Transportation, Senior Centers, Pre-Admission Screening, Legal Advice, Ombudsman Service, Medical Assistance Waiver, Apprise, Primetime Health, Home Delivered Meals, Protective Services, Personal Care, Care Management, Family Caregiver's Support Program, Friendly Visitor, Retired and Senior Volunteer Program (RSVP).

**For more information about these and other community services,
call (570) 420-3735 or toll-free 1-800-498-0330.**

If you are receiving this publication in error or changing your address, please call the Monroe County Area Agency on Aging at 570-420-3735, 1-800-498-0330

***If you have email, please let us know so we can send the newsletter to you electronically. You receive it faster, in color and we save on postage!

What is LIHEAP?

The Low-Income Home Energy Assistance Program (LIHEAP) helps low-income families pay their heating bills. LIHEAP is a grant. You do not have to repay it.

To receive help...

- You don't 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 does LIHEAP work?

LIHEAP offers both cash and crisis grants. Families may apply for:

Cash Grants

Cash grants help families pay their heating bills. The grant payment is sent directly to your utility company or fuel provider, and it will be credited on your bill. (In some cases, the check may be mailed to you directly.)

Crisis Grants

Crisis grants may be available if you have an emergency situation and are in jeopardy of losing your heat.

Emergency situations include:

- Broken heating equipment or leaking lines that must be fixed or replaced
- Lack of fuel
- Termination of utility service
- Danger of being without fuel (less than a 15 day supply) or of having utility service terminated (received a notice that service will be shut off within the next 60 days)

If you have a heating emergency please call your local county assistance office.

Monroe County Assistance Office
1972 W. Main Street, Suite 101
Stroudsburg, PA 18360-0232

Toll Free: 1-877-905-1495

Phone: 570-424-3030

LIHEAP 570-424-3517

FAX: 570-424-3915

How do I apply?

- Apply online at: www.compass.state.pa.us
- Request an application by calling the Statewide LIHEAP Hotline at 1-866-857-7095 or TDD for the hearing impaired 1-800-451-5886

• Applications are available at your local county assistance office

To apply, you will need

- Names of people in your household
- Dates of birth for all household members
- Social Security Numbers for all household members
- Proof of income for all household members
- A recent heating bill

Who is eligible?

You may qualify for a LIHEAP grant if your income meets the following income guidelines:

Household Size	Maximum Income
1	\$ 17,820
2	\$ 24, 030
3	\$30, 240
4	\$ 36,450
Each Additional Person Add \$6,240	

You will receive a written notice that will tell you if you qualify and the amount of your grant.

February is National Heart Awareness Month

February is when we celebrate National Heart Awareness Month which helps raise attention to heart disease. According to The American Heart Association®, heart disease is the leading cause of death for men and women in the United States. Every year 1 in 4 deaths is caused by heart disease. The most common type of heart disease is coronary heart disease, which often appears as a heart attack.

High cholesterol, high blood pressure, obesity, diabetes, tobacco use, unhealthy diet, physical inactivity, and secondhand smoke are also risk factors associated with heart disease.

The good news is that heart disease can often be prevented when people make healthy choices and manage their health conditions. These are some healthy choices you can make in your daily lives:

- Select fat-free, 1% fat and low-fat dairy products
- Use spices to season food instead of salt
- Choose heart-healthy fats over saturated fats and trans fats
- Cut back on beverages and foods with added sugars

- Purchase and consume foods lower in sodium/salt
- Limit foods that are high in dietary cholesterol. Try to eat less than 300 mg of cholesterol each day.
- Choose more whole grains, legumes, fresh produce and low fat dairy products
- Choose lean meat and poultry
- Include fish in your diet
- Lose weight if you are overweight
- Watch your portion control at all meals
- Become physically active for 30 to 60 minutes a day
- Manage stress
- Control your cholesterol and blood pressure
- Stop smoking
- Drink alcohol in moderation

Be especially good to your heart this month and make some positive changes for a healthier you



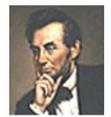
Quotes by Presidents born in February

“It is better to offer no excuse than a bad one.” - George Washington



“Whatever you are, be a good one.” – Abraham Lincoln

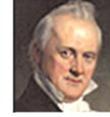
“I walk slowly, but I never walk backward.” – Abraham Lincoln



“I have left orders to be awakened at any time in case of national emergency, even if I'm in a cabinet meeting.” - Ronald Reagan



“There is nothing more corrupting, nothing more destructive of the noblest and finest feelings of our nature, than the exercise of unlimited power.”
- William Henry Harrison



DO YOU HAVE MEDICARE?

Do you want to know if you are eligible to save some money?

The APPRISE Program wants to make sure you and your loved ones who have Medicare know about the Extra Help and Medicare Savings Programs.

Extra Help can help lower your prescription co-payments and premiums and cover the cost of the coverage gap (“donut hole”)

If you are **single** and have **total monthly** income of less than \$1,471/month; and less than \$13,640 in resources

If you are **married** and have a **total monthly** income of less than \$1,991/month; and less than \$27,250 in resources

Medicare Savings Program can help you with the payment of your Part B premium and possibly with the payment of your Medicare Part A and Part B cost-sharing.

If you are **single** and have a **total monthly** income of less than \$1,324/month; and less than \$7,280 in resources

If you are **married** and have a **total monthly** income of less than \$1,792/month; and less than \$10,930 in resources

There is **NO COST** for the APPRISE Program’s help or for enrollment into these programs.

**APPRISE
CAN ALSO HELP
WITH:**

MEDICARE
MEDICARE PRESCRIP-
TION DRUG PLANS
(PART D)
MEDICARE ADVANTAGE
PLANS
MEDICARE SUPPLE-
MENTAL INSURANCE
(MEDIGAP)
MEDICAID
LONG-TERM CARE IN-
SURANCE
FRAUD AND ABUSE
MEDICARE APPEALS

Call Today!

Monroe County Area
Agency on Aging
724 Phillips St. , Suite 102
570-420-3735 or toll free
800-498-0330



Funded in whole or part by
a grant through the Ad-
ministration for Communi-
ty Living

Senior Center Menu for February

Feb 1 ~ Chicken Marsala
 Feb 2 ~ Stuffed Shells
 Feb 3 ~ Roast Pork
 Feb 6 ~ Chicken Caesar Salad
 Feb 7 ~ Open Face Hot Turkey Sandwich
 Feb 8 ~ Swiss Steak
 Feb 9 ~ Vegetable Lasagna
 Feb 10 ~ Pork and Peppers
 Feb 13 ~ Taco Salad
 Feb 14 ~ BBQ Chicken Sandwich
 Feb 15 ~ Lemon Pepper Pork Loin
 Feb 16 ~ Crispy Baked Fish
 Feb 17 ~ Roast Turkey

Feb 20 ~ Centers are Closed
 Feb 21 ~ Cheeseburger
 Feb 22 ~ Rosemary Chicken
 Feb 23 ~ Baked Fish with Parsley Butter
 Feb 24 ~ Roast Beef
 Feb 27 ~ Chicken Salad Sandwich
 Feb 28 ~ Apple Ginger Pork

For meal reservations
 please call one day in
 advance by 11 AM.
 Suggested Meal
 Donation is \$2.00

Monroe County Senior Centers

<p>Loder Center 62 Analomink St., E. Stroudsburg, PA Leslie Berger-Manager 570-420-3745 Open Monday-Friday 8:30– 3:30</p>	<p>Chestnut Hill Center Zion Lutheran Church Fellowship Hall Route 209, Brodheadsville, PA Dolores Casalapro-Manager 570-242-6770 or 570-420-3735 Open Wednesday & Friday 9-2</p>
<p>Pocono Pines Center American Legion, Pocono Pines, PA Kathy Collopy-Manager 570-646-9611 Open Tuesday, Thursday & Friday 9-2</p>	<p>Barrett Center Friendly Community Center Route 191, Mountainhome, PA Barbara Seese-Manager 570-481-4330</p>
	<p>Jewish Resource Center 727 Main St., Stroudsburg, PA Maggie Augugliaro -Manager 570-517-0815 Open Thursdays 10-3</p>

(Continued from page 1)

Tax Return. All tax documents necessary for 2016 returns.

For inclement weather: If schools are closed, tax sites are closed. One hour delay, sites open regular time.

West End: The AARP Tax Assistance Group from Lehighton will be responsible for the site in the West End of the county. This site will begin February 2nd in Gilbert at the Salem United Church of Christ off Rte. 209 on Thursday mornings, 9:00 am - 12:00 pm.

For Carbon County Tax Assistance call Mr. Germy at 610-824-5165

Note: If Pleasant Valley Schools have a two hour delay, the hours of operation will be 10:00 am to 12:00 pm.

Sudoku (answer on page 11)

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

We Need Your Help!

The mission of Support Services for Seniors is to promote the physical, mental, social and emotional well being of older adults by providing services that empower older adults 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. Donations can also be made in Remembrance.



*Thank You for
Your Generous Donation
Many Anonymous Donors*



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!

Helen G Brown Award

The Monroe County Area Agency on Aging Advisory Council held a holiday luncheon at the Peppe's Bistro in East Stroudsburg, PA on December 12th. Honored at that luncheon were the recipients of the Helen G. Brown Quality of Life Award for 2015.

This award is given annually by the Monroe County Area Agency on Aging Advisory Council to a person and/or organization who have contributed a program of excellence which enhances quality of life for Monroe County senior citizens.

One Awards was given out this year. The recipient was Nancy Hooke ~ nominated by Leslie Berger.

In 2015, Nancy served as the Friendly Community Center Board Chair and also the Programming Committee Co-Chair. Her responsibilities included the development and finding of the friendly Community Center programs, as well as writing the grants that

sustain the Friendly Community Center. She also assists the Director of the Center with oversight of the programs and building, as well as administrative duties.

Her dedication with regard to the success of the Friendly Community Center is immeasurable. Her volunteer hours varied from twenty to forty hours per week, somewhere between fifteen hundred and tow thousand hours during the

course of 2015 ~ practically a full-time volunteer!

Senator Mario Scavello and Representative Rosemary Brown and Representative Jack Rader also presented the recipient of the Helen G. Brown award with a Plaque of Recognition for her volunteer services and contributions to the community.

The Monroe County Area Agency commends this outstanding volunteer for her work, community awareness and strong volunteerism.



The Monroe County Area Agency on Aging will be closed on February 20, 2016 for President's Day

Halting Hypothermia

The frosty air of winter can be invigorating but cold air can also pose threats to your health, whether you're indoors or outside. If your body temperature drops too low, it can lead to a serious, sometimes deadly condition known as hypothermia. Learn to recognize its signs and take steps to keep warm and safe during this chilly season.

A normal body temperature is 98.6 degrees. Just a few degrees lower - below 95 - can be dangerous, especially for the very young and very old.

"The body is finely tuned to operate within a narrow temperature range inside the body, despite large differences in temperature outside the body. We have all sorts of mechanisms - like adjusting the size of our small blood vessels and shivering - to help us maintain a healthy body temperature," says National Institute on Aging's Dr. Basil Eldadah, who oversees research on the medical care of older adults.

"But older adults and young children are more susceptible to the effects of outside temperature changes. When the body's inside temperature strays beyond that narrow range, body functions don't operate well."

Low body temperatures can impair vital organs. When cold affects the body, people may have trouble thinking clearly, talking properly, or moving well. They may not realize what's happening, or they might not be able to take steps to warm up or ask for help.

Anyone who spends much time outdoors in very cold weather can get hypothermia. But hypothermia can happen anywhere - not just outside and not just in bitter winter weather. It can strike when temperatures are cool - for example, if a person becomes chilled from rain, sweat, or being in cold water.

"Even during the heat of summer, older people and very small children are at risk if air conditioning makes their homes too cold," Eldadah says.

Certain medications and alcohol can also raise the risk for hypothermia. Left untreated, hypothermia can quickly turn dangerous. Several hundred people in the U.S., half of them age 65 or older, die from hypothermia each year.

"If you suspect that someone you know or love may be at risk of hypothermia, it's important to know the signs and symptoms, and take quick action if needed," Eldadah says. "First get the person out of the cold or wet environment if possible, remove any wet clothes, and cover the person with dry blankets or whatever's handy." Offer the person something warm to drink, but avoid alcohol or caffeinated beverages like coffee.

"Also avoid things like a hot-water bath or a heating pad," says Eldadah. "External heat sources for hypothermia can be risky because of the potential for things like burns, low blood pressure, or irregular heart rhythms. Active rewarming techniques are best used in settings where doctors can closely monitor a patient's vital signs, so getting professional help is important."

To help prevent hypothermia in the first place, Eldadah says, "Follow some of the common sense advice that we've probably all heard. Dress in layers; cover up with blankets; and if you expect to be out in the wind, rain or snow, wear a jacket with a waterproof and windproof outer shell."

To keep warm at home, wear socks, slippers, and a cap or hat. Set your heat at 68 degrees or higher when it's cold outside. To save on heating bills, close off rooms you're not using. If you need help paying your home heating bills, you may qualify for an energy assistance program.

More information on assistance with heating assistance can be obtained from the Monroe County Area Agency on Aging at 570-420-3735 or toll free at 800-498-0330.

Content from newsinhealth.nih.gov

Diabetes 101

As we age, our risk for diabetes increases. Older adults who develop this disease have type 2 diabetes. If you already have diabetes, as you grow older you may need to adjust your diabetes care plan. What Is Diabetes? Diabetes is a group of diseases. Type 2 is the most common. Other common forms include type 1 diabetes and gestational diabetes. When you eat, your food is broken down into a sugar called glucose, which gives you energy. To use glucose as energy, your body needs insulin. In diabetes, the body does not make enough insulin or use it well. The exact causes of diabetes are still not clear. However, we do know that genetics and environmental or lifestyle factors can play an important role in the development of type 2 diabetes and its complications.

Diabetes is a common disease, yet each of us needs unique care. Blood glucose monitoring is the main tool for checking your diabetes control. Blood Pressure control is very important for decreasing the strain on the heart, blood vessels and kidneys. Lowering cholesterol and fat can help reduce your risk of having a heart attack or stroke. Learn as much as you can about the latest medical therapies and approaches. You can help prevent and manage diabetes by losing weight and becoming more active. Older

adults with diabetes are at risk for heart attacks, stroke and kidney failure. Seniors with diabetes are also more likely to have memory problems, depression and difficulty with diabetes self-care. Living with diabetes, while it can be effectively managed, can be tough at times.

Every day is a new hurdle with unique challenges that you must jump over. As you get older, jumping over those hurdles can become a bit more challenging, but it's not impossible. With age comes an increased risk for specific complications that require diligence and care to properly mitigate them. Choose what, how much and when to eat. Get moving and stay active. Incorporate physical activity, being active is another part of living healthy and managing diabetes. Any type of physical activity you do will help lower your blood glucose. Strength training helps to maintain and build muscle. Try to do strength exercises at least twice a week. Check your blood glucose at home, as needed. Take your medicines, as needed. Carry a list of your medicines in your wallet and share it with your healthcare provider at each visit and you are on your way to a much healthier journey with managing diabetes.

By LaTania Jones Health & Wellness Coordinator

Photo Identification Card

www.dmv.state.pa.us

If you are a Pennsylvania resident and would like to receive a non-driver photo ID card, complete form DL-54A "Application for Initial Photo Identification Card". The photo ID card clearly indicates that it is not a drivers license. Cost for a four year ID is \$29.50. When making application, if you have never held a Pennsylvania Driver's License, you need to provide your Social Security card as well as proof of identity and residency. Visit the Pennsylvania Department of Transportation at www.dmv.state.pa.us. Forms are available at the Monroe County Area Agency on Aging. For more information please call 570-420-3735 or toll free at 1-800-498-0330



Prime Time Health Calendar

February 2017



Blood Pressure Screenings

Screenings are from 10-11am on the 2nd floor of the Loder Building on the 1st & 4th Thursdays. Blood Pressure screenings provided by: Allen Lear Home Care and PHS Visiting Nurse/Hospice Care. There will be no blood pressure screenings on Holidays or snow days and they will not be rescheduled.

Other blood pressure sites: By Allen Lear Home Care

Barrett Sr. Center 10 – 11am- 1st Monday
 Chestnuthill Sr. Center 11 – 12 noon - 2nd Wednesday
 Pocono Pines Sr. Center 10 – 11am - 2nd Tuesday
 Salvation Army 10 – 11 am – 1st Tuesday

PVMNH - Kesha Smith

February 6th 11am – Barrett Senior Center
 February 15th 11am – Chestnuthill Senior Center
 February 23rd 11am – Loder Senior Center
 February 28th 11am – Pocono Pines Senior Center

Brown Bag - Brightstar Care – John A. Hohmann

February 7th 11am – Pocono Pines Senior Center
 February 13th 11am – Barrett Senior Center
 February 16th 11am – Loder Senior Center
 February 22nd 11am – Chestnuthill Senior Center

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

Pocono Parkinson's Support Group February 15th at 2 pm – Loder Senior Center

- ⇒ If you are interested in the Healthy Steps in Motion Program or Self-Management Chronic Disease Program Please give us a call @ 570-420-3746
- ⇒ We will also be holding computer tutoring classes for our older adults. Please call for information.

All programs are open to the public. For further information on any programs, call: 570-420-3746

Note: If the schools are closed due to inclement weather,
the Senior Centers will be CLOSED

Pennsylvania Yellow Dot Program

Pennsylvania's Yellow Dot Program was created to assist citizens in the "golden hour" of emergency care following a traffic accident when they may not be able to communicate their needs themselves. Placing a yellow dot in your vehicle's rear window alerts first responders to check your glove compartment for vital information to ensure you receive the medical attention you need.

The program is a cooperative effort among the Pennsylvania Departments of Transportation, Health and Aging; the Pennsylvania State Police, the Pennsylvania Turnpike Commission and First Responders and local law enforcement.

How does it work?

Participants complete a personal information form, which includes the participant's name, contact information, emergency contact information, medical history and medications, allergies and the participant's doctors' names. A photo – showing only the participant's head and shoulders – is then taped to the front of the completed information sheet.

The yellow dot decal provided in the program kit is placed in the lower left corner of the participant's vehicle's rear windshield. The decal should be no higher than 3 inches from the bottom of the windshield. This decal alerts first responders that vital information can be found in the vehicle.



Place the completed information sheet, with the attached picture, into the Yellow Dot folder, and then place the folder into the vehicle's glove box.

For more information or for a PA Yellow Dot kit please call the Monroe County Area Agency on Aging at 570-420-3735 or toll free at 1-800-498-0330.

Valentine's Day Chicken Parmigiana Recipe

This is a very nice dinner for two. Serve it with your favorite pasta and tossed greens.

Ingredients

- 1 egg, beaten
- 2 ounces dry bread crumbs
- 2 skinless, boneless chicken breast halves
- 3/4 (16 ounce) jar spaghetti sauce
- 2 ounces shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese



Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking sheet.

Pour egg into a small shallow bowl. Place bread crumbs in a separate shallow bowl. Dip chicken into egg, then into the bread crumbs. Place coated chicken on the prepared baking sheet and bake in the preheated oven for 40 minutes, or until no longer pink and juices run clear.

Pour 1/2 of the spaghetti sauce into a 7x11 inch baking dish. Place chicken over sauce, and cover with remaining sauce. Sprinkle mozzarella and Parmesan cheeses on top and return to the preheated oven for 20 minutes.

AARP Driver Safety Program

Formerly “55-Alive,” the new SMART DRIVER 4 & 8-hour classroom refresher/defensive driving course is designed for qualified drivers 50 & older. There are no tests and membership in the AARP is not necessary. All automobile insurance companies doing business in Pennsylvania are required by state law to give a minimum discount of 5% to all qualified policy holders age 55 and over who take the course. Be sure to first check with your insurance agent or company to make sure you qualify to receive a discount.

All classes are taught by trained, unpaid volunteer Instructors. The eight-hour class is given in a two day period in two four-hour sessions, and is required for first timers. The one-day 4-hour class is only open to those who provide evidence of taking a class during the last 36 months. A \$20 fee (\$15 for AARP members) is charged for either class. Class size is limited, so advance reservations are advised to assure placement in class. Those completing the course will be issued a certificate which is valid for three years. Call the phone number below for reservations and directions to the class of your choice. Please bring your driver’s license and a pen to class. AARP members need their AARP membership number at class time, to be charged the \$15 fee. Checks are accepted.

<u>Date</u>	<u>Time</u>	<u>Place</u>	<u>Phone</u>	<u>Co-Sponsor</u>
2/25**** Sat	1:00 pm	Brodheadsville: Chestnut-hill Park Building	570-619-4006	Chestnuthill Township

****4-hour refresher class - Must have evidence of taking the 8-hour course within the last 36 months.

Monroe County Area Agency on Aging One-Stop Resource for Older Adults

Did you know that the Monroe County Area Agency on Aging is a One-Stop Resource for Senior Care Services? Regardless of one’s economic level, maintaining an independent life-style in your home during the senior years can be a challenge. Who do you call when you need some personal care services at home? Who do you call when you need information on benefits and programs available to seniors?

The Monroe County Area Agency on Aging should be your first call. We maintain and update lists of private pay agencies, Medicare agencies, and other businesses who offer services that are beneficial to seniors. We publish the “42 Benefits for Older Monroe County Residents” which lists discount programs, energy and home improvement programs, and transportation assistance to name a few. In addition, we also have updated lists of support groups, senior clubs and information on nutrition center activities.

We also assist in completing applications and forms for the benefits available to older Pennsylvanians.

For more information, or to have a copy of the “42 Benefits for Older Monroe County Residents” mailed to you, please call the Monroe County Area Agency on Aging at 570-420-3735 or toll free 1-800-498-0330.

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

Happy
Valentines
Day!



ONGOING VOLUNTEER OPPORTUNITY



Meals-on-Wheels now has a waiting list of more than 60 consumers in need without service available. These consumers are mostly located in the following locations:

Pocono Summit Tobyhanna West End

This is a great volunteer opportunity to do with your spouse, your best friend, a club member or a neighbor.

PLEASE – if you can help with delivery of meals, please contact the RSVP office at 570-420-3747 as soon as possible.



M-O-W Volunteers must have a reliable vehicle, a current PA driver's license and carry a minimum of \$100K/\$300K auto liability insurance.

Accurately tracked mileage is tax deductible.

